

for the student | by the student

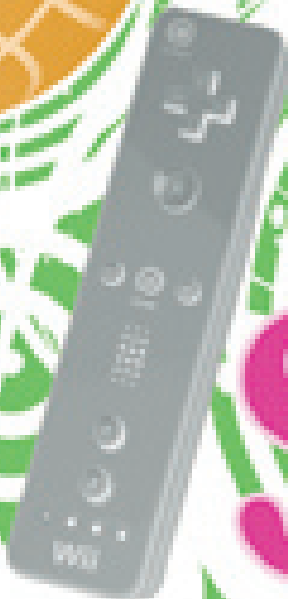
Schooled

Magazine

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ready, set, go(als)

A new calendar, a new semester, and new goals in mind...January offers us a fresh start with the new 2007 year!

Before you jump into the craziness of being back to school, make sure to sit down and take a few minutes to set realistic goals. The key word is realistic. If you want to lose 20 pounds this year, make it realistic by putting down that you want to lose 2 pounds a month. If you want to save money to pay off some of your school bills, set weekly goals of putting away \$20 into savings. Or if you want to meet new people this year, make the goal to attend one extra event a week that you normally wouldn't go to.

A few years ago, I went on a study abroad to France. The most important thing I learned during that semester was that I am solely responsible for my actions. Things may come at you in life, but it's up to you how you react to them and what you do about it. You can always take the challenge and work toward what you want, or you can sit back and see where life takes you. It's all up to you.

The staff and I hope that you will be guided by your goals this year. We have a great issue for you this month, and we've got great articles planned for upcoming issues that we know you'll love. We appreciate your readership and look forward to another amazing year of Schooled Magazine!

Deborah Barlow-Taylor

Managing Editor

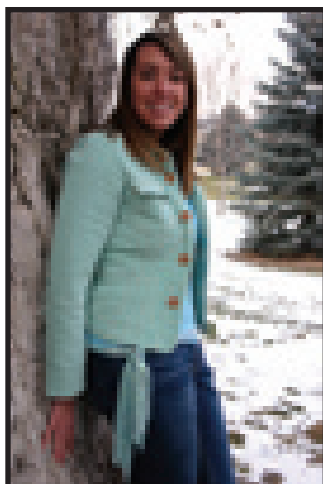


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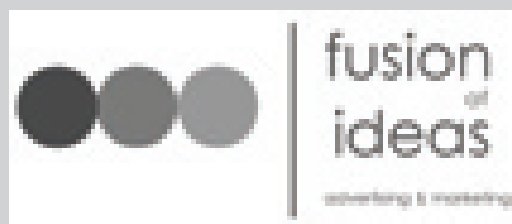
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Each month, Schooled Magazine distributes 10,000 copies to student & business doorsteps in the Utah Valley. Want to be involved? Here are some ideas.

News

Send your news releases to info@schooledmagazine.com. Deadlines for issues are the first week of each month, for the following month's issue.

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Our editorial and photography staff are always looking for fresh ideas and people to work for the magazine. All work is done part time. We are also looking for models. Send a sample of your work and your resume to info@schooledmagazine.com.

Story Idea

If you have a story idea for us, or would like to submit your freelance work, e-mail it to info@schooledmagazine.com.

Calendar

Our All-Inclusive Calendar includes events from all over Utah! If you have any events that you would like to invite our readers to, e-mail your information by the first week of the month, to get your event in the next month's issue. All submissions will be put on our online calendar. E-mail your event to info@schooledmagazine.com.

Advertise

Schooled Magazine is read by over 40,000 students a month and is the most effective medium to reach the student market. For more info about advertising, call Russ Taylor at 801-358-5132 or e-mail russ@fusionofideas.com.

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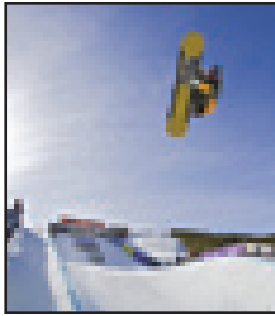


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Winter Driving Tips

By Sarah Gessel

Winter can be tough, especially when you have to drive in the snow. Being stranded in the cold can be your worst nightmare. Here are some tips to help you have the best driving experiences this winter.

1. **Get a winter tune-up.** Make sure your fluids are filled, especially your anti-freeze.
2. **Make sure to turn off windshield wipers** before you turn off

your car. Apparently the wipers can get stuck to the windshield and burn out your wiper motor.

3. **Don't just clear a small patch of ice** from your windshield. Spend the extra two minutes and clear it all off.

4. **Keep your gas tank filled**, because if you run out of gas your heater will stop working.

5. **When driving in snow or ice do everything slowly and**

gently. Remember, in the snow, the tires are always just barely grabbing the road. Accelerate slowly and gently, turn slowly and gently, and brake slowly and gently.

6. **Be careful to leave plenty of space between you and the car ahead of you.**

7. **Try and watch the traffic ahead of you** so you can anticipate hazards.

8. **Slow down for bridges**, which are often icy even when the rest of the road is fine.

9. **If your wheels start to spin or slide while going up a hill, ease off on the accelerator slightly and then gently resume speed.** If you haven't driven in snow much invest some time making donuts, braking hard, and inten-

tionally skidding in a parking lot. This can help you get a feel of how to drive on a slick surface without having to stress about other cars.

10. **When sliding -- don't pump anti-lock brakes, apply continuous pressure and steer.** To correct a skid TURN WHEEL IN THE DIRECTION OF THE SKID. If your rear end starts sliding to the right, turn the wheel to the right. If your rear end starts sliding to the left, turn your wheel to the left. Do not apply brakes while in a skid. If you are approaching a stop with alternate patches of ice and bare pavement between you and the stop, brake firmly as you cross the bare spot and coast over the ice.

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Who Would Win In A Fight, A Wolverine Or A Cougar?

According to BYU zoologists and professors, they would go a few rounds, but in the end, you'd want to bet your money on the cougar. (Source: Utah Valley Magazine)

Provo Drivers Beware!
The Provo Police Department reports one or two accidents per week on University Avenue between 940 N. and 1230 N. deeming it the craziest stretch of road in Provo.

The Cold, Hard Truth

Every winter, there are about 1 to 2 billion colds in the U.S. Here are some common misconceptions to help you stay well.

OLD THINKING: Kissing spreads colds.

THE TRUTH IS: You are more likely to get a cold from a handshake than a kiss. Are you surprised? Think about how many grimy surfaces your hands touched today, and how many your lips touched. To be on the safe side, try to avoid any direct contact with people who are sick and make sure to wash your hands frequently.

OLD THINKING: A flu shot can give you the flu.

THE TRUTH IS: The vaccine contains a dead virus, which can't cause the flu. You may experience some pain or soreness from the shot or a low-grade fever, but this is a normal reaction and means that your body is responding to the vaccination. January is not too late to get a flu shot. Flu season is at it's worst in February.

OLD THINKING: You should never work out with a cold.

THE TRUTH IS: Moderate activity is a good way to promote sinus drainage, but if you're running a fever or feeling totally exhausted, then common sense tells you it's better to rest.

Join The Schooled VIP List

We know what's happening this weekend. Do you? Find out what's going on with a weekly email update on concerts, parties and local events. Also, get into parties without the wait and go down the RED CARPET! And get free stuff from local businesses. Join the Schooled VIP list on

schooledmagazine.com



Mark Your
Calendars!
The Superbowl
will be held Sunday,
February 4th
this year!

Sundance Film Festival

Park City will be hopping this month with the Sundance Film Festival. Only 45 minutes away from Provo, you can head up to check out some awesome films, or to go star-spotting!

When: January 18-28

Where: Park City (take Provo Canyon east-the US189. Turn left onto the 40 West. Take Exit 4 and follow signs to the festival).

Website: festival.sundance.org/2007

Buy Tickets: The pricy passes are sold out, but you can purchase individual screening tickets starting at \$15 a piece online or at ticket offices in Park City.



Can You Hear Me Now?

7 million cell phones
per year are accidentally
dropped into toilets.

(Source: American Standard)



Did You Know?

For each hour you watch
TV, you walk 144 fewer
steps a day.

(Source: Readers Digest)



Be A Better Small Talker

By Deborah Barlow-Taylor

Need some tips on how to small talk and meet new people at parties and other group events? Here is some great advice on how to be a better small talker.

1. Dress for the occasion. Looking your best will not only make you feel more confident and outgoing, you can also choose an outfit that is both flattering and comfortable. Remember you want to be able to focus more on the conversation than on how much your feet hurt because of your shoes.

2. Ask good questions. Instead of asking questions that require more than a simple yes or no, ask them open-ended questions that you can go deeper with. For example... "Have you ever been here before?" and "Tell me about your last vacation." Questions like these will prevent the awkward silence that usually follows short,

specific answers and gives your conversation room to grow as the other person reveals more about themselves.

3. Don't dampen the mood. Avoid complaining or sharing negative stories, such as as office/school gossip. More people will be drawn to you if you are smiling and upbeat.

4. Kill them with kindness. Looking for a sure way to start a conversation? A little flattery never hurt. Complimenting someone on an unusual necklace or cool shirt, is an easy way to break the ice.

5. Have an Exit Strategy. If you get stuck in a conversation about stamp collecting... keep it simple and excuse yourself to refill your glass-most people will know you're moving on.

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The Date Doctor

By Don Osmond



Solve your biggest dating problems with his expert advice.

Too Over-Analytical?

Recently, I received an e-mail from a distraught individual frustrated by the mixed signals sent off by her significant other. She asked me questions like, "What does this mean?" and, "Why does he do this?" To which my reply was simply, "Dating is difficult, therefore, there is no need to over-analyze every action, word or look."

It seems as though the concern continues. And just as the constant ticking of a clock, e-mails from concerned daters are asking for clarity in relationship issues. If I may offer this simple advice – look at your relationship holistically. Look at everything that is going on in your relationship. Whether you have just started dating, or have been dating for a few months now, it will give you a better perspective on your relationships. We all know the danger of taking comments out of context. Well, the same holds true in relationships.

Too often, and ladies I hate to point a finger, it seems as though we nitpick at one thing that has been said or done. And I quote:

"I can't believe he did that."

Response: True, he shouldn't have done what he did, but he did.

"He knows I hate it when he does that."

Response: It may also be true that he knows you hate something, but he may have forgotten.

"He's just trying to irk me."

Response: Is it possible that he is human and makes mistakes?

Basically, think about your relationship this way:

Generally speaking, is he/she a good person who is considerate of my feelings?

Could it be that he/she is having a rough day, or just an off day? Have I ever been that way to him/her?

It's time to grow up and start acting like adults in our relationships. Leave the petty acts of high school behind. There is no place for chauvinistic or catty behavior. I think you'll be pleasantly surprised with the outcome.

Be Bold, But Don't Dominate

Men. It seems that we are always under the feminine microscope when it comes to dating blunders. (And we all know what I'm talking about.) So, I've come to offer a few mild suggestions that will make a world of difference when it comes to dating.

Me Tarzan, You Jane

This is true. And innately you are considered the dominant sex, but that gives you no right to inflict your dominion upon women. Be ye warned; for you may unleash the fury of a woman's wrath, which is known to make the courageous become cowards. The true measure of a man is not in his strength alone, but in his character.

Will you...

I think there may be a vast number of individuals who may understand this section with those two simple words – Will you...

Creating an opportunity for dating is as simple as asking, "Will you...?" Let the girl feel as though she is actually being asked out on a date. Too often I've heard girls complaining that they are not going out on dates. However, guys are telling me that they do date. So, to avoid further confusion, ask her out on a date.

Check please?

For the love... Do I really have to go over this point? But, it's true. I've heard this one before as well. Guys if you are going to ask a girl out on a date, make sure that you bring your wallet with you. Nothing is more awkward than not having money to pay for dinner, or whatever you were planning on doing for the date.

Time Flies

I once had a teacher in high school that always said, "To be early, is to be on time. To be on time, is to be late." As much as I hated hearing that throughout my tenure in high school, there is some truth to the statement. Women love punctuality. And

even though they (generally speaking) are always late, it is better that you wait for them than they wait for you.

Here's the reasoning: Girls like a man who is on time. It shows that he has his priorities in line. He is a man with vision. And he is respectful.

Girls are late because they want you to know that they are spending time to look good for you.

So, even though you know she is going to be late, understand that it is all part of the dating game. And you love it!!!

S
M

**Have A
Question For
the Date Doctor?**
To submit questions,
visit schooledmagazine.com



Movie review: The Illusionist

By Sean Mosman

Love. Jealousy. Vengeance. A handsome magician with an astonishing secret. Sounds like the recipe for a fabulous movie, right? Well, yes, if the movie in question is, "The Prestige." In "The Illusionist," the formula falls flat. The acting is respectable (especially Paul Giamatti, who steals the show as Chief Inspector Uhl) and the effects are impressive, but the love affair between the Viennese duchess (Jessica Biel) and the common magician (Edward Norton) comes off as insincere. Perhaps it is the fact that Biel is (according to Esquire Magazine) the Sexiest Woman Alive, while Norton—well, he plays the creepy guy in a lot of films. Their romance is decidedly chilly, hardly motivation enough for the trouble Norton takes to win her back. "The Illusionist" has all of the obligatory twists and turns, but a thrill ride it is not.

CD Review: "Waterland" by Grant Olsen

By Jamie Littlefield

Two words came to mind as I listened to Grant Olsen's new CD: Sunday Music. "Waterland" has 10 laid-back tracks with folksy songs and a pleasant, calming sound. Track six, also titled "Waterland," is the highlight of the album. Don't expect Metallica. But, if you're looking for some tunes to take a nap by, share with your grandpa, or use to sedate a vengeful roommate, this may be the CD for you. Plus, track four has fiddles. Yee-haw.



Theater Review

By Rae Harris

Happy New Year! What a great time to add a little culture to your life and go see some local theater. Get out of the cold and enjoy some great performances as the 2007 theater season begins. With plenty of options for great theater, you're sure to find something you'll love.

Hello Dolly
Center Street Musical Theater
January 26 – February 24

**Pirates of Penzance –
Encore Performance**
Center Street Musical Theater
January 19 and 20

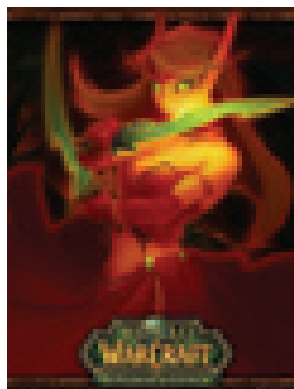
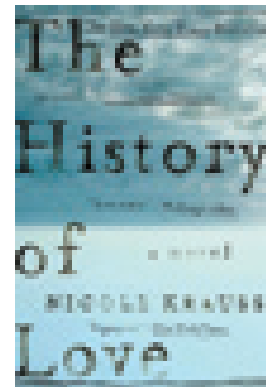
**The Man With the Pointed
Toes**
Hale Center Theatre – Orem
December 29–February 17

See How They Run
Hale Center Theatre –
West Valley City
December 30–February 10

Book Review: "The History of Love"

By Patricia Auxier

"The History of Love," by Nicole Krauss, discusses with startling beauty: love, loss, and longing. Released in 2005, it was shortlisted for the Orange Prize for Fiction in 2006. It is beautiful, honest and tragic. Leo Gurksy, a Jew living in pre-WWII Poland, writes a book called "The History of Love," about the only girl that ever mattered--Alma. During the war, he loses the manuscript, his family and his friends. He loses his heart, his good nature and his optimism. Through a series of random events, the book is found and translated with another writer's name. People read it and are so moved, that it causes this incredible chain of events which lead to a 15-year-old girl Alma, her coming-of-age and falling in love. It reclaims love and life in the best way possible.



Game Review: World of WarCraft

By McKay Salisbury

World of WarCraft (WoW), the world's most popular Massively-Multiplayer Online Role-Playing Game, gets its first expansion pack this month – The Burning Crusade. Its creators have added a new world to visit, a new profession of jewelcrafting, as well as two additional races. The new world is known as the Outland, the nearly destroyed homeland

of the Orcs. It boasts several new Dungeons, more Player vs. Player options, hundreds of quests, and new flying mounts. You won't want to miss it.

World of WarCraft Statistics

Number of active players: 6.5 million plus
Number of players in the US: over 3 million
College campus estimated to have the most WoW subscribers: University of Washington
Rank of BYU among other college campuses: 59
Rank of UVSC among other college campuses: 395
Tip of the Month: worldofwarcraft.com has free 10-day subscriptions



Website Review: Wei-Hwa's Puzzle Gadget

By McKay Salisbury

Link: <http://wei-hwa.feedback.googlepages.com/>
Wei-Hwa works for Google. He's an expert puzzler, and is on the US team of the World Puzzle Federation. One of his projects at Google was the Da Vinci Code quest. More recently, he has created this website (with a new puzzle every Friday), and a corresponding Google gadget you can add to your google homepage. The puzzles range from sudoku-like puzzles, to word puzzles, to this set of highly addictive pipe puzzles. If you like a puzzle, there's something here for you!

Schooled 11

DANCE F

By Courtney Humiston

What does a typical weekday look like for you? Trudging through the snow to get to class in the morning, sitting in front of a computer for a few hours, grabbing a quick dinner on your way to the library, and finally heading home in the dark to watch TV or play video games with your roommates? Is dinner-and-a-movie the only thing you look forward to on the weekends? College life should be anything but monotonous, so if you are looking for a way to spice up your routine, look no further than the dance floor. Dancing is a great way to release stress, meet new people and get some exercise, and is way more fun than going to the gym. We asked Leah Carlson and Britney Arnold to give us their opinions on the local dance scene.

Leah Carlson, a junior from Arizona, preaches that there is more to dancing than the bumps and grinds associated with most top 40, or, as she calls them, "Meat market," dance clubs.

"A lot of students in this valley seem to think that dancing and the club scene is immoral. But if you go to the right place with the right people you can have a lot of fun even if you don't drink," said Carlson.

For the best dancing, you really need to get out of town. Just 45 minutes north, Salt Lake City's diverse clubs offer something for every musical taste and mood just about any day of the week.

No doubt due to it's popular (but not too crowded) '80s night every Tuesday and Thursday, Area 51 (451 South 400 West) was voted Best for Dancing by the readers of City Weekly.

Whitney Arnold, a senior from Sacramento, liked it because, "Everyone was more concerned with having fun and dancing than trying to hook up with people."

If you're looking for something a little more upscale, try the Circle Lounge (328 S. State), "Salt Lake City's sexiest Ultra Lounge," which offers live jazz and 1/2 price sushi every Tuesday until 1 a.m.

"I love the atmosphere here," says Carlson. "It's a great place to chill out with your friends, listen to music and have some great sushi."

Also laid-back, but with more room to dance, Monk's House of Jazz (19 E. 200 South) Reggae lounge on Monday night will get your week off to a nice chill start. Arnold thought the underground club had a "house party" feel to it and liked the fact that there are plenty of tables to gather



EVER

around when you want to take a break from the dance floor.

Rev up mid-week with top 40 and hip hop at The Vortex (406 S. West Temple). Boasting four levels and plenty of 18+ dance floors, The Vortex packs the house on Wednesdays when ladies get in free.

Club Sound (579 W. 200 South), voted best dance club by City Search, is another popular place for the 18 and over crowd and frequently hosts national and international DJs.

For a more intimate environment, head just up the street to the W Lounge (358 S. West Temple). Whether it's Brit-pop Wednesday or alt-country Monday, there will sure to be something to get you off the comfy couches and onto the dance floor. Carlson tried it out on a weekend when a local DJ was playing. The music was "amazing" and she enjoyed the "urban" feel of the club.

If live music is the key to getting you to rock out, The Depot (400 W. South Temple) is the place for you. Although it has only been opened since January, the old Union Pacific train station with its state-of-the-art sound system and dual-level room is already attracting some big names. For a complete listing of events go to www.depotslc.com.

In the mood to groove, but don't feel like making the trip to Salt Lake?

With two major universities and nearly 60,000 college-age young adults, there is bound to be something going on around town. Both BYU and UVSC host dances year round. Check their websites for upcoming events.

The most obvious choice for live music in Provo is Velour, the former Wrapsody and Muse Music. Although the mostly indie rock/emo lineup isn't the best to dance to, this all-ages venue is a great place to hang out and listen to both local and national bands.

If you have an open mind and are willing to try something new, check out some of the on-campus clubs. Most meet every week, are open to everyone, and offer free instruction. Some, like The Swing Kids or the SALSA club will throw regular dances on the weekends while others like The Break-dance Club or Club Style, a hip hop group, perform around campus and the community.



Both girls agree that the secret to having a good time is to relax and not worry about impressing anyone. "I may not be the best dancer," says Arnold, "but if I like the music, I'm not too concerned about how I look."

So if college life is bogging you down, get out of the library and on to the dance floor.

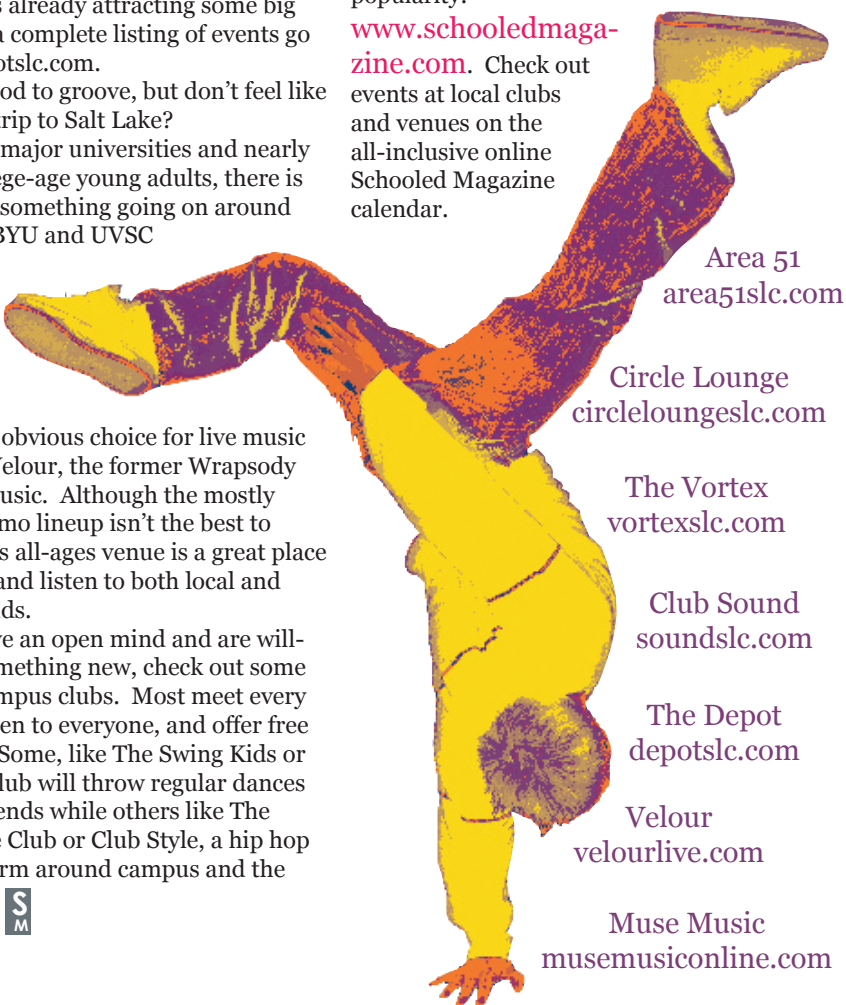
For more info on the goings on about town, check out the following websites:

www.slweekly.com. Browse event listings and see the entire calendar for your favorite clubs and venues.

www.sleparty.com. Complete event calendar and club listings, an open forum where readers can ask questions and give feedback on clubs and venues. Also, educate yourself on Utah dance laws.

www.utah.citysearch.com. Search restaurants, clubs and venues by type (18 & over, DJ, Karaoke, Lounge etc), music (techno, country, jazz), and popularity.

www.schooledmagazine.com. Check out events at local clubs and venues on the all-inclusive online Schooled Magazine calendar.



Area 51
area51slc.com

Circle Lounge
circleloungeslc.com

The Vortex
vortexslc.com

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NEON TREES

By Sean Mosman

entertainment

Photos by Kristin Fuller



It was almost a year ago that Neon Trees landed their fateful first gig. All it took was a little luck and a late-night hankering for billiards. At least that's how lead guitarist Chris Allen tells it.

"Neon Trees had only come into existence a few days when we went out one night to celebrate. We ended up at a little pool hall in Provo, and the owner mistook us for a band he was trying to line up for the weekend. Of course, we went along with it and signed up on the spot—the only problem was, we hadn't written any songs yet! So we put together like 10 songs in a week and played to a packed house that Saturday. We've been doing it like crazy ever since."

With a hectic touring schedule and a full-length album just out in December, Neon Trees has hardly had time to catch their collective breath. Schooled Magazine grilled Allen for his thoughts about In-N-Out Burger, the perils of cheesy rock, and Neon Trees' much-anticipated studio debut.

SM: We had to ask—where does the name come from?

CA: Tyler (Glenn, lead singer) was eating at an In-N-Out Burger back in California and was inspired by the neon lights that he saw all over the palm trees. It has no significance at all, we just really like the name.

SM: How would you describe your music?

CA: It's rock, first and foremost. Rock with synthesizers. We try to stay away from electronic or dance rock—that just sounds

cheesy. It's kind of high-energy alternative, like Bloc Party or The Killers.

SM: What is the title of your forthcoming debut?

CA: We haven't really decided on a name yet, but one that we've been kicking around is "Songs in the Key of 2 A.M.," because the songs on the album sort of follow a group of friends throughout a single night.

SM: Where can we find the album?

CA: You can get it at any of our shows—we try to perform twice a week, so there will be plenty of opportunities to see us. It should also be available at Gray Whale and Virgin, and a couple of other local music stores.

SM: What song best represents Neon Trees?

CA: Do I have to pick one? "Sister Stereo," and "Up Against the Glass," are both high-energy and fun, they rock, and they communicate a strong message through the lyrics. (You can find both songs on the Neon Trees' website, www.neontreesmusic.com)

SM: What are some of your passions outside of music?

CA: I'm a certified massage therapist. Jason (Gibbons, drummer) is really into

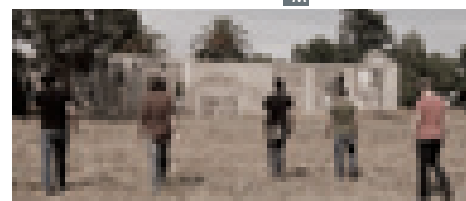
books and philosophy, that whole scene. Nathan (Evans, keyboards) loves rock climbing and snowboarding. Tyler just lives and breathes music. He doesn't really have room for many other interests—movies, I guess. Mike (Liechty, bass)...I know he likes longboarding. Other than that, I really don't know what he does with his life.

SM: What are your plans for the future?

CA: When this CD is done we want to take it all over the place, sell it at shows in different states and get our music out there. Once we're done in the studio we'll really start working on booking tours and hopefully just tour as much as possible. The CD is going to be awesome, but if you really want to get a feel for our music, come see us perform. The live show is really where it's at.

For more information about the band or to find out about upcoming shows, go to www.neontreesmusic.com or www.myspace.com/neontrees.

SM





Band Review:

The New Nervous

By Courtney Humiston

Less than half-an-hour before they were supposed to be on stage, the four members of the band, The New Nervous (Scott Shepard, lead vocals and guitar; Josh Dunn, bass and back-up vocals; Ryan Home, drums and percussion; and Kellan Holgate, synthesizer and guitar) met me in the back room of Liquid Joes, complete with black leather couches and a refrigerator stocked with Otter pops. Wearing hoodies and blue jeans, the guys seemed anything but nervous. "Basically," says Scott, "we are all just a bunch of nice guys." Nice guys who can really rock, as I was soon to discover.

The band has been together for just over a year, but collectively bring nearly 30 years of musical experience. They describe their musical style as "Frenetic Indie Rock," or "a cross between Death Cab for Cuties and the Deftones." Their inspirations include everything from Tom Petty and The Beatles to Chopin and "The Last of the Mohicans" soundtrack.

When I asked them what their goals were for the future of the band, they seemed to have different ideas, but all agreed that more than anything they want to make good music: For Holgate, however, it was "Total World Domination." Dunn hopes to quit his corporate

job someday and make a living entertaining, while Shepard, who was wearing slippers incidentally, hopes to "reach people."

Most of their songs are written as a "collective" during practice sessions; and while Shepard describes their lyrics as being "all about blood," Home, in a more serious tone says that most of their songs have deeper meanings. Take for example the lyrics to the song "Pharmacadia:"

I've got this body full of chemicals that I want out.

We kneel to this temple of pills.

We kneel to the temple of pharmacadia- where perfection is achieved through chemicals in blood streams.

All of the band members are Latter-day Saints, and even though their music is "not religious," and does not cater to a Mormon audience, they do strive to set a good example and be good role models. As Shepard reminds his audience at the end of the show: "Drink responsibly, drive safely, and love one another."

For more information and complete listing of upcoming shows, check them out on myspace.com/thenewnervous. Also, look for their seven song EP being released sometime in January. **S**

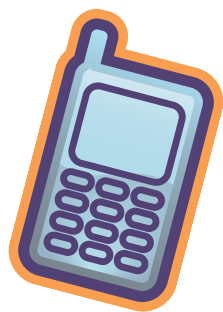
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We Interrupt This Magazine...

By Rae Harris and Esther Harris

Do any of these scenarios sound familiar?

- You are busy writing a research paper but you decide to just sign on to Instant Messenger and see who else is online. You're definitely working as diligently on your paper as you can... that is you're working as hard as you can while also maintaining three different IM conversations at the same time. For some reason, the paper is coming along slower than expected.

- You get to work determined that today is the day you're going to clear those piles from your desk. But before you get to anything else, you might as well check your e-mail right? And then, just a few e-mails later, you find yourself an hour into your work day with nothing to show for it.

- You have a huge project due at the end of the week, and between your other classes and work, you haven't been able to start it yet. Just as you sit down to work on it, you get a call from your friend and you have to chat for just a few minutes. Now where were you? While you're trying to remember, your roommate comes in to tell you about what an awful day she had. Of course you have to listen, so you spend the next hour eating ice cream and talking about her woes.

If you can picture yourself in any of these scenarios, then this article is for you! In today's world, it's easy to feel like your cell phone is taking over your life. Not to mention the internet and your friends. You're constantly talking or texting, e-mailing or chatting, despite the billions of other things you have to get done. With so many things to do and so many interruptions, how can you ever manage to focus on what really needs done? Don't despair! Learn to take back your day! Here are some tips to get you started.

1. Keep a Log. So you can't figure out where all your time is going? You swear you work all the time and things still don't get done? The first step is to realize what you do with your time. Keep a log of your daily activities and include all the interruptions and how long they take. Five minutes

checking your e-mail? Just 15 minutes talking to your roommate? Write it down. If you understand what interruptions are competing for your attention, you'll be better able to figure out where you're losing time and how important these activities are to you.

2. Remove Distractions. You know you're not going to get anything done at home when your roommates are there or your neighbors are stopping by. Study in a place where you can concentrate. Go to the library, and stay away from the computer unless you have to use it for your assignment. You might think that you are a great multi-tasker, but think of how much faster you could get things done if you just stayed on task, rather than spreading your attention over your research paper, your IM conversation with your crush, and the texts you

are sending your best friend relaying the conversation between you and your crush.

3. Prioritize and Organize. Start your day with a list of what you need to accomplish that day. Prioritize your activities and stick to them. Focus on what is most important to you. Don't just do the easy tasks first. You may feel like this will give you a greater sense of accomplishment, but the truth is, you will only increase your stress level as the day progresses and you have yet to start on that time-consuming, but urgent task. Your best sense of accomplishment will come when you cross off that all-important task and feel the stress float away as you concentrate on less essential tasks.

4. Set Time Limits. Select a time of day when you will return e-mails and phone calls. Don't start your work day or homework by checking your e-mail. Then your time will be gone before you know it. Select a time that fits in after you have given adequate time to your other responsibilities. If you really need to concentrate on something, turn off your phone! I know that idea might scare you, so maybe you can start by turning it on silent. But don't let constant phone calls and texting keep distracting you from all your work. Unless you're waiting for some urgent news, you really can afford to let it go to voicemail and check it when it is more convenient for you. Set time limits for your non-essential activities. Whatever it is--texting, surfing the internet, watching TV, playing video games--set a limit for yourself so that these things won't control your life.

5. Goals and Rewards. Give yourself a task to complete and reward yourself when you do it. Tell yourself you have to read that one chapter or do that one assignment before you can get online or go out with your friends. When you finish your tasks, enjoy yourself! Go out and have fun! Then when it's time to work again, you will be able to focus, knowing that there will always be a reward at the end. And the greatest reward might just be how much stress you avoid by learning to manage your time a little better. **S**

M



Gamers Corner

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PLAY N TRADE
VIDEO GAMES

For all of you gamers out there, Schooled Magazine is excited to team up with Play N Trade in Orem (160 East University Parkway) for the new gamers corner section. Over the next few issues, you'll get to read about reviews on some sweet games from other student players. You can pick up the games new or used over at Play N Trade and they will even trade in your old games for credit toward new ones. We would love to hear your suggestions for future reviews and opinions on the reviews we do. Feel free to e-mail us at info@schooledmagazine.com. By Russ Taylor

Elder Scrolls IV: Oblivion

This is definitely the game that defines the RPG Genre for the 360. It has an amazing character generation feature that allows you to custom make your own character. With the Elder Scrolls franchise, they have some unique characters like a lion and a dragon looking human, which at first might be thought of

as weird, I mean lets be honest. As if a lion can walk into a local blacksmith and pick up a two-handed bastard sword.... seriously?

The game's story line is very impressive with some very involving plots and awesome fighting style. The level progression is also a new

style: The more you use a specific weapon the higher your level becomes in that particular weapon, which I thought was cool. The game deserves 4 out of 5 since there is no online play available.

Weakness: The game doesn't utilize XBOX online. After going through and building a character it would have been nice to be able to go online and fight other people. I guess there is always World of Warcraft for that. You can get this game at Play N Trade for \$58 new and \$49 used.

Gears of War

Where do you start with this game? I will probably get some hate mail, but I am going to say that this is the Halo beater for sure. In comparison to Halo, you have a much better game play with a feature that lets you pick different strategic moves to gain ground on the enemy while maintaining cover. The graphics were phenomenal and the guns, well, they kicked butt (especially the main gun that has a saw attachment that lets you

cut the enemy in half and goes to a sweet view when you do it). The online game play is considerably better than Halo's simple run and gun. The co-op is fun to play with a good friend. I will definitely give the game a Halo



beater rating of 5 for 5.

Weakness: I guess the only thing was the ending. It seemed to come too quickly. The main boss final battle was way too short and was an obvious set up for a sequel, which I personally am looking forward to. You can get this game at Play N Trade for \$58 new \$50 used for standard edition.

S
M

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Winter Dating

By Jennifer Borget and Kailee Heger

It's that time of year again when you walk outside only to see your breath in the winter chill and you find yourself longing for warmth. But have no fear! We have the perfect ingredients to heat up your dates with sugar and spice and everything nice. It's cold outside, but that doesn't mean your dates have to be. So, here's this year's top 25 sizzlin' HOT winter dates.

#1

Head to Squaw Peak

Get in the car (or a truck, if it's your preference) and take a trip up the long windy road to Squaw Peak. Then turn down the lights and turn up the heat. Watch the snow fall and we'll leave the rest up to you.

#2 Drink some hot chocolate

Now there is a right way and a wrong way to make this occasion a sizzling date! You need only one straw and a lot of whip cream! Should we say more! (For a unique twist, try frozen hot chocolate at Smart Cookie Company.)

#3 Go ice skating

Want to break the ice? Go ice skating! What better excuse to hold hands. If your date happens to fall, you'll be there to lift them up (or go down and meet them on the ice). On the weekends, Peaks Ice Arena is open until 10 p.m. for late night fun.

#4 Build a snowman

Get your mittens and scarf and go outdoors! Be creative and try to make one that looks like your date! Remember to end with a snowball fight and a possible "roll around" in the snow. And if you get cold, look to your date for some warming.

#5 Attend a hockey game

Watch a Utah Grizzlies game or see the BYU IceCats. But whatever team you choose, remember that hockey games aren't about the score, they're about watching the fights. So when the players try to prove whose better, just whisper to your date, "Can you be that feisty?"

#6 See a movie

Chick flick, comedy, romance, you pick! But if you're in the mood for a serious cuddle, pick a thriller. Your date will get scared and come right over. Consider discount Tuesdays at Cinemark Movies 8.



18 Schooled



#7 Make your date dinner

What to impress? No one can pass up a hearty meal. Make a warm soup with breadsticks or maybe a hot lasagna. If you want to be extra considerate, ask your date what they would enjoy!

#8 Make S'mores

First, go shopping together for the ingredients, then roast over a fire or use the microwave. Anything works as long as you feed each other.

#9 Go sledding

Find a snowy hill. Get a sled. And go down it! For even more fun, go down together. If you crash, at least you will end up next to each other.

#10 Drive-in movie

You may fog up the car, but it will be worth it.

#11 Anything in a car

This one speaks for itself.

#12 Forget the romance, do some service

Soup kitchens always need help. Think of others at this time of year. Make sure to contribute your share!

#13 Do more service

Canned food places always need more help. Visit www.csc-ut.org/foodbank.htm to see what they still need.

#14 Go to a hot tub

Now play nice!

#15 Get ready for Valentine's Day!

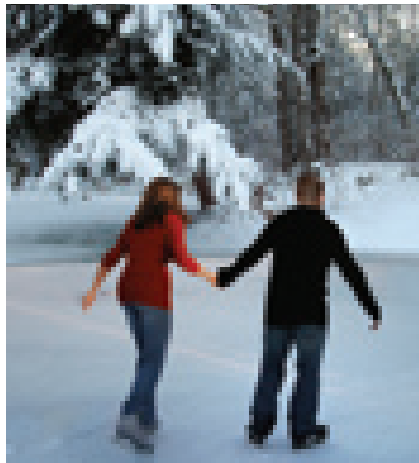
It's only a month away, if you want a good gift you'd better get pretty friendly. If not, you still have enough time to ditch them and find a better match.

#16 Go on a sleigh ride

It may cost you, but the benefits will outweigh the fee.

#17 Take a trip to Vegas, it's warm

In under six hours you can enjoy the sun and fun! But don't blow your Christmas money on the slots!



#18 Kissing in the snow

As the snowflakes fall on your rosy cheeks, look up to the one you love (or like) and pucker up! (Like our poetic touch?)

#19 Make some goodies

Caramels, taffy, peanut brittle, or suckers. Take your pick. All are great holiday treats! If you want, have fun ditchin' the doorbell with a plate of treats to your nearest neighbor.

#20 Make your own personalized T-shirts

Visit the MODE custom T-shirt bar on 45 N. University Avenue and have a good old time choosing from hundreds of designs. You'll also have something fun to wear the next day!

#21 "Blizzard" their car

And you thought this was a Valentine tradition. First, cut out some snowflakes. (OK, maybe add a couple of hearts.) Next, get some window paint and decorate it up! They'll love this fun surprise. Remember to leave a cute note with your masterpiece!

#22 Take pictures in the snow

Get a disposable camera and get cute! Now think about it. This is a genius idea. You've always wanted a picture of your adorable date (maybe to put in your car or by your nightstand), but you can't possibly tell them that. So, make this date your excuse.

#23 Go to breakfast

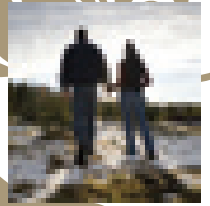
This date can be planned or unplanned (preferably make it a surprise). Wake your date to the sun rising through their window and like magic, the romance will begin.

#24 Visit a ski resort

Riding a ski lift together is practically the most romantic thing ever invented. Consider heading down south to Brian Head ski resort.

#25 Have a fondue party

Finish the date with an elegant touch! For that fountain of luxurious chocolate, get fruit (try strawberries or bananas) and some crackers, and start dipping.



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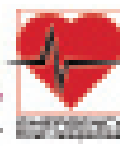
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faking it



Photo By Mark Hansen

We've all had moments like this one:

Your eyes glance side to side as you see all of your friends bending over, grabbing their stomachs, in pain from laughing so hard. Some of them have tears forming in the corners of their eyes. Others of your friends are desperately gasping for air. Sweat starts forming on your brow. Should you laugh? Should you say you don't get the joke? Should you curl up into a ball and go hide in a corner to cry? Here's what you do: Fake it.

These events happen every day. It probably happens more frequently in Provo, since many students seem to think that part of the honor code includes having your sense of humor removed. But this need to fake it doesn't only happen with jokes that you don't understand. What do you if your date starts talking about math theorems? Or someone approaches you who you don't recognize, but they obviously recognize you? Or some creep asks you out on a date? Or you really do know who Jane is cheating on her boyfriend with? Many people feel that "Honesty is the best policy." Those people need to grow up. The best policy is "Fake it 'til you make it."

You're hanging out with some friends, someone tells a joke, and you don't get the punch line. What do you do? What do you do if you don't understand why it's funny that some bum stole the proctologist's pen? What do you do if you don't get why Helen Keller was a bad driver? Fake it. Just laugh. Blend in. Then go home and Google "proctologist" and "Helen Keller". If you still don't get the joke, then you probably signed away your sense of humor with the honor code. While you're Googling things, learn a few jokes for

yourself. Then next time that happens, and before anyone notices that you're not laughing at the last joke, bust out one of your own. But it better be funny.

What if you're on a blind date only to find out that she is a member of the Medieval Club on campus? Fake it. Talk about how you've seen Monty Python and the Holy Grail a dozen times. Tell her that you know all the words to the musical "Camelot."

Say that
you're pretty sure
that Merlin could beat
Dumbledore in a duel.
If none of those work, fake
a heart attack. You'll
probably be bored to death
if you don't get out of
there anyway.

What do you do if you're walking on campus and some guy you don't recognize yells your name and starts running over to you? Fake it. Try to carry on a conversation as best you can. Try to make connections. If he's talking about class, or the ward, or a mutual friend, that may help you make that link, and ultimately help you remember his name. However, if worse comes to worse, there are ways to get his name. Ask him for his phone number. As you're inputting into your cell phone, ask him how to spell his name. But what if his name is something simple like "Bob"? Just tell him that you knew a guy named Bob that spelled it "B-A-H-B", and you just wanted to make sure it wasn't spelled like that. If you don't like that

approach, you could always just ask, "What was your name?" When he tells you, say "Oh no (insert laugh) I knew your first name. It's your last name I was wondering about." Works every time. And by "every time" I mean "most of the time." And by "most of the time" I mean I've actually never tried it before, but supposedly it works.

But what if some weird guy asks you out on a date? Well, if it's just a first date, you should probably say "yes." For some guys, those are the only dates they get. But what if you have a lousy time on the first date, and he asks you out for a second date? Fake it. Tell him that you have plans, even if your only plans are just to not hang out with him. You don't have to worry about hurting his feelings, because guys don't have feelings. On that same note, you don't have to worry about hurting his intelligence. But if the guy keeps asking you out repeatedly, don't fake it. You need to tell him the truth. Not because it's necessarily the right thing to do, but because he'll never get the hint otherwise.

But what if your roommate starts gossiping about whatever? What do you do if they start talking about some girl in the ward that had the audacity to ask out some guy in the ward? Or the couple they saw in sacrament meeting giving each other fairly intimate back rubs? Or how they saw so-and-so walk into an R-rated movie? Fake it. Say that you're the one that told that girl to ask out that guy. Say that you think that couple in the ward are just friendly. Say that so-and-so doesn't know their alphabet very well. If they're not content with those answers, just hit them over the head with a baseball bat. **You're sick and tired of faking it.**

By Scotty Spjut



2007 New Year's Resolutions



By Scotty Spjut

Most people have lots of things that they need to fix about themselves. Just walk down the street and you will notice all sorts of ugly, fat, pathetic people. Then you will think to yourself, "I'm glad I'm not like that. Good thing I kept my New Year's Resolutions!"

Yes, the resolution is a powerful thing, especially those of the New Year's variety. Some may even say a New Year's Resolution is more powerful than a mother's saliva. But while your mom's spit can heal most wounds, a resolution can change your world.

Do you wonder which New Year's Resolutions you should make this year? Do you wonder which New Year's Resolutions you are going to keep this year? Do you wonder what are the chances that your New Year's Resolution won't even last longer than the leftovers in the fridge? Here is your chance to get good, free advice about New Year's Resolutions.

The most popular New Year's Resolution is probably the one about losing weight. People want to burn those Christmas Calories. The main problem is they don't realize they have rollover calories from Christmases of yesteryear. The 10 pounds you didn't lose last year is still there, and still needs to be lost. So your resolution to lose 10 pounds this year is only going to put you back to 2004 or 2005, and who wants to live in the past anyway?

A better idea would be to make a resolution just to stop eating. Resolutions only last a couple weeks on average. So in those few weeks you don't eat, you'll probably end up losing all the weight you need to anyway.

Another popular resolution, closely related to losing weight, is getting into better shape. People want to build some muscle. The main problem is they do not realize they are always in shape. I mean, round is a shape, right? Besides, if you go buy those weights, or that treadmill, or that Richard Simmons' video, you are only wasting your money. Your weights will turn into doorstops, your treadmills into a clothes rack, and you will throw away your exercise videos (which is what should be done with any Richard Simmons' video anyway).

A better idea would be to take steroids. They work faster, they work better, and they have no negative side effects. At least, none that I know of.

All sorts of resolutions have to do with spirituality. Those of us who are Mormon make resolutions to read more scriptures, at-

tend more temple sessions, or marry more wives. Other religious people make similar resolutions, like to become Mormon so that they can marry more wives. But, for some reason, they don't do these things right away. When they resolve to go to the temple every month, they really mean they will be too busy (lazy) to go until it is the last Saturday in January and can't go any other time.

A better idea would be to just pretend like you're doing those things more often. Just start every story with, "When I was reading my scriptures the other day..." or "When I was doing a session the other day..." or "When I was marrying that 12th wife the other day..." Then your friends, the ones who really are having spiritual experiences, will tell you their stories. Then you can just learn and grow from them. This is a church of proxy, right?

Then there are those of you (me) that are single. The only significant other that we spent Christmas with was our dog. And those of you (me) that don't have dogs, the only significant other that we spent Christmas with was no one. So, after we have wallowed in our own self-pity, and have consumed an appropriate amount of chocolate ice cream, we lift up our heads and tell ourselves that we're not going to spend another holiday by ourselves.

The main problem is, we don't realize that we're actually going to have to convince someone else to have a relationship with us. Getting a boyfriend or girlfriend is a great idea in principle, but not always in practice. Approaching someone on February 13th saying, "I need you to help me fulfill a resolution I made six weeks ago," isn't really the best way to win someone over.

A better idea would be to just give up. You're probably going to spend a lot of holidays for years to come, and possibly the rest of your life, by yourself. Just get used to it. If you walk down the street and don't see those ugly, fat, pathetic people, it's probably because you're one of them. Nothing you can do about that, right?

The main problem with New Year's Resolutions is that they're only made at New Year's. There's no reason to wait until the beginning of the year to make changes in your life. Make a St. Patrick's Day Resolution, or an Armistice Day Resolution, or a June 23rd Resolution.

There's no reason why you can't make changes in your life today. There's a lot more drive that will come with your commitment to change if it's only motivated by a need to change, instead of a need to buy a new calendar. Besides, I just heard that gyms are open year-round, steroids really are bad for you, the Provo temple has sessions all day long, and you're really not as ugly, fat, and pathetic as you thought. **S**



HOUSING

We all know what we hear through the grapevine may not always be true. There are a couple of housing “rumors” if you will, pertaining to BYU students and where they can and can’t live.

Number one: BYU students have to live within a two-mile radius from BYU campus. Answer: True

So, some say it’s bad enough having to worry about sharing a cramped apartment with strict rules and four other strangers in order to continue to go to BYU. But try having a cramped apartment with strict rules and four strangers within two miles of BYU campus. Right now BYU students can live in any BYU approved housing unit; but April 30, 2007 BYU approved-status will be revoked for student housing outside of a two-miles radius from campus. Hopefully, this news doesn’t come as a shock to most of us because this was announced December of 2003.

The boundaries will extend from: 500 West to 1450 East; the north boundary will be along 2200 and 2230 North from Carterville Road to North Temple Drive; the south boundary will be along Provo Center Street from Seven Peaks Boulevard to 500 West.

This hot topic has been hashed and discussed, some students think it’s great, and others think it’s a ridiculous idea, but when it comes down to it, the decision is already made.

Forty-one rental units will be affected by the new boundaries. Thirty-seven of the units are small units and four are larger complexes, including Parkway Crossing, College Terrace Apartments and Lakeridge Condominiums.

“Why are they doing this?” you ask. No... not to make our lives miserable (although it may seem that way). Carri Jenkins, assistant to the president for University Communications, said the reason for the limited boundaries is because there is too much BYU approved student housing to provide the environment students expect.

“This valley has grown considerably in the last 10 to 15 years,” Jenkins said. “With that growth we see every year, we have more apartment complexes and condominium complexes being built in this valley so given these facts, BYU has had to review its off-campus housing situation and we came to the conclusion that we need to establish boundaries.

Jenkins went on to say, “It is important not only the academic environment, but the moral environment,” Jenkins said. “Part of the BYU experience is to live in a strong moral environment. We have limited resources at BYU and we can not keep stretching those resources and provide the environment our students expect.”

But not all students expect the same thing. Many enjoy the BYU atmosphere, but others feel they can have that experience elsewhere.

“I don’t agree with this new radius rule,” said Brandy Gonzales, who lives outside the two-mile radius. “The housing is so much nicer and cheaper down here by UVSC, it will only limit my options.”

Gonzales also said that Parkway Crossing management enforces the Honor Code better than any other complex she’s lived in closer to BYU.



“We have midnight security that takes care of parties, drinking and other Honor Code violations,” Gonzales said. “I feel safer here, and I like living farther away in a more laid-back neighborhood.”

This may seem like a huge deal... living a little closer to campus, but the fact is only about 7 percent of BYU students would have to move right now for living outside the limits. Most people already live within these boundaries. It must just be the thought of restraint that scares us. Or the fact that even if you wanted to look for housing a little further down the road... you can’t. Not if you want to continue to go to BYU that is.

Number two: A huge super-dorm is going to be built to fit over 20,000 students. Answer: False (sort of).

BYU did propose a South of Campus Area Master plan also known as SCAMP. The original plans entailed more than just housing such as restaurants and stores. But because of some complications, mostly with parking issues, BYU and developers are looking toward a new plan.

“Is this even possible?” You ask. Well, apparently it is. Just a few months ago an apartment complex with 11,000 units was sold in New York City. If they built something like that here in Provo it would be big enough for two to an apartment.

MYTHS

By Jennifer Borget



Did you know that starting in April 2007, BYU students will need to live within a two-mile radius of campus?

“Where would it go?” you ask. Well, The original SCAMP development proposal included 500 North to 800 North and University Avenue to 900 East, but BYU’s proposal includes less area. If BYU did go through with this it would cost a pretty penny. The complex in New York sold for \$5.4 billion. But don’t worry, nothing is set in stone yet, the proposal is still in the discussion phase.

First comes two-mile radius then comes super-dorm? Who knows. But in case you’re looking for a way to avoid either of these options I’ve come up with a few things you can do to get out of it.

- 1. Move in with family:** They love you, and they probably won’t charge you rent.
- 2. Move in with friends of the family:** If they give you a good deal BYU will approve.
- 3. Take care of an older person or person with disabilities:** Oh, but the catch, you have to live with them.
- 4. Adopt a child:** Single parents with children are exempt from living in approved housing.
- 5. Graduate or turn 25:** In both those instances you no longer have to live in BYU approved housing.
- 6. Get married:** You know you’ve wanted to, what better excuse now. And you’ll free not only yourself, but also someone else from the burden of living in a super-dorm.



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BUY ONE GET ONE 1/2 OFF



SNOWBOARDING STAR SCOTT LAGO

By Jeremy Holm

LAGO:
(PRONOUNCED LEGO)
HOMETOWN:
SEABROOK, NH

BIRTHDATE: 11/12/87
HEIGHT: 6'1"
WEIGHT: 150
3RD AT '06 X GAMES
HALFPIPE

Even if you don't board, you've probably seen his face or heard of this guy.

With one of the biggest names in the world of snowboarding, Scott Lago is living the dream. He gets to board in some of the best locations in the world with the cameras rolling and thousands of people cheering for him. But don't think it was all just handed to him. Lago has been boarding since he was a kid and has worked his way up through the ranks until he has become recognized as one of the most talented boarders out there.

With an already stunning career, this 19-year-old New Hampshire native has kept himself busy over the summer. After winning at the Abominable Snow Jam in July and the New Zealand Open in August, Lago kicked off the 2006-07 World Cup season with a halfpipe gold medal win in Saas Fee, Switzerland.

During his winning run, Lago included some sick tricks: a frontside air/backside 540/frontside 1080/cab 720/frontside 900/backside air. It was good enough for 45.3 points and a victory lap that included one big frontside air to celebrate the win.

After the event, Lago's head coach Mike Jankowski said it all: "Scotty is riding really technical right now and stomping it. This is his first World Cup win and his first pro win, so this should give him the confidence he's been looking for. You should see his face right now; the guy has been grinning ear-to-ear all day."

And with reason. The competition he stomped that day included Olympic bronze medalist Markku Koski of Finland, '04 X-Games champion Steve Fisher (Breckenridge, CO) and Tommy Czeschin (Mammoth Lakes, CA).

With the second World Cup of the season cancelled due to weather, last month Lago participated in the Chevrolet U.S. Snowboard Grand Prix Paul Mitchell Progression Session in Breckenridge, CO. With a fourth place finish, Lago was all smiles again as he collected \$2,500 for winning the Rip-It Energy Drinks Trick of the Day award. Lago stomped a double corked backside 1080 and the crowd went crazy.

"I really wasn't going for the win," Lago later said. "I was going for the best trick the entire time."

I was able to catch up with Lago right after his first WC win and then during the Colorado Grand Prix. Despite a typical snowboarder's busy schedule (partying with the occasional competition and sponsor related event, or so I've heard) Lago was nice enough to let me ask a few questions. I could sense his dedication to his sport as well as his desire to have a good time while carving his name permanently into the history books.

Keep your eyes on this guy. With his talent level and energy, Scott Lago is going to be throwing down some sick competition-winning runs for years to come.

How did you get into snowboarding?

I just started riding at a local tubing hill in Amesbury, Mass.

Who was your biggest influence when you first started competing?

Terje Haakonsen and Jeff Brushie were my biggest at the time.

What do you remember about your first competition?

Well, when I was like eight, I was at the U.S. Open, one of the best contests in the world to-date. It was intimidating for sure.

Let's talk about the '04 World Quarterpipe Championship. What was it like representing the U.S.?

The World Quarterpipe was cool, but it was a laid-back event to say the least. It was one of the funniest contests of my life.

How do you handle all the pressure?

I don't handle pressure too well, but just recently I have been doing better with it.

What are some of your favorite places to ride?

Mammoth and Jackson Hole.

Which competitors keep you on your toes?

All of my best friends pretty much: Jack Mitrani, Danny Davis, Mason Aguirre, and Kevin Pearce.

You fall, miss a landing, eat it hard. How do you shrug it off?

I don't deal with it too well, to be honest. You just got to wait to the next contest.

Tell me about your bronze medal experience at the X-Games.

It was awesome! I didn't know how big it was until it actually happened.

So, you've done all these boarding movies. Do you enjoy the filming process?

Filming is one of my favorite aspects of snowboarding. I got to film with Mongo Productions last year. They made the film, "Who Cares."

What's the first thing you do when you get home after a long trip?

Sleep for a long time, then I go and hang out with all my family.

Boarders are notorious for their party abilities. How do you feel about the party scene?

I go by a motto: work hard, play hard.

Is college in your future?

I don't really know. I guess so. I can't snowboard forever.

What kind of music do you listen to?

I listen to all kinds of music, but when I'm snowboarding I listen to mostly rap.

**Where do you go to get away from it all?**

In the fall I love to go bow hunting for deer in the back woods of New Hampshire. I also go bird hunting with my grandfather in New Brunswick, Canada. I love that.

What's your board of choice?

I just recently got a pro model with Flow Snowboards. It's a really nice board that I ride in both pipe and slope.

Worst injury?

I don't know. I've had a lot of them, but if I had to say one, it would have to be when I broke my collarbone in half. That hurt like hell!

Best boarding memory?

I took this one run with a helicopter in Wanaka, New Zealand. One of the funniest runs of my life...

How did you feel after winning the halfpipe during the opening WC this season?

I couldn't believe it, I was so happy!

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**Career Highlights**

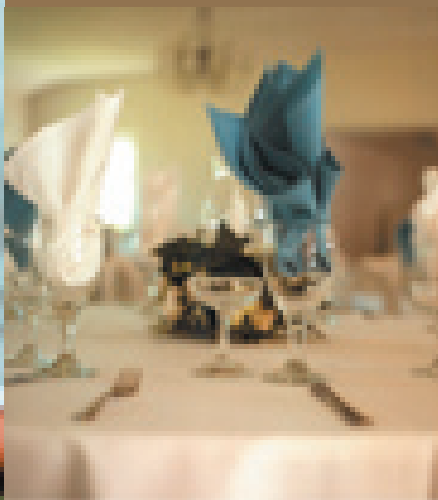
3rd at '06 X-Games halfpipe
3rd at '06 Breckenridge Grand Prix halfpipe
3rd at '06 Mt. Bachelor Grand Prix slopestyle
3rd at the '06 Abominable Snow Jam

2nd at New Zealand Open slopestyle
Transworld Snowboarding cover shot Nov. 05
Best male rider at '06 Transworld Team Challenge
04 World Quarterpipe Champion

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Photos By Jaren Wilkey / BYU

"I think the one thing about our expectation level is that we don't look at the big picture. Every game we work hard and we expect to win."
-BYU coach Dave Rice

BYU A New Combination of Players

By Julian Cavazos

Last year, Brigham Young University's Men's Basketball program was named the second most improved team in all of Division I. This year, they are using that as motivation toward hoping to win this year's Mountain West Conference Championship.

"I can tell you that we're really excited about this year's team. We have a great combination of returning players from last year that won 20 games," said assistant coach Dave Rice. "We're excited about our new players as well. It's a good combination of guys."

There are four starters and nine letterman returning from last year's season. One is last year's leading team scorer Trent Plaisted, a 6-11 post. According to BYU basketball officials, Plaisted holds the MWC record for the most points scored by a freshmen center. Other players are All-MWC Third Team forward Keena Young, MWC honorable mention Rashaun Broadus and Lee Cummond. Letterwinners include Jimmy Balderson, forward Fernando Malaman, Austin Ainge, Mike Rose and Sam Burgess. Three freshmen have been added on: Jordan Cameron and Brock Zylstra both of Southern California and Jonathan 28 Schooled

Tavernari from Brazil. Also new is Ben Murdock and Gavin McGregor.

Rice said head coach Dave Rose places a lot of confidence in his three team captains: Jimmy Balderson, Austin Ainge, and Keena Young.

"It's important to know too that our three team captains are really important to our team from a leadership standpoint," Rice said. "These guys are really important to coach Rose. There's a reason why he picked them. It was because of their confidence and commitment to winning and things that are important for this team to have success."

Though BYU is in a very tough conference, Rice said he knows what his team can accomplish.

"In basketball, this is going to be a really, really tough conference from top to bottom. Every team presents a great challenge," he said. "Certainly San Diego State and Air Force that have almost all of their players back certainly stand out as favorites in the conference. Every team has improved itself."

So has BYU. Picked last among other MWC Conference teams at the beginning

of the season, BYU surprised everyone when they ended up being the second most improved team of all Division I teams nationally.

"Certainly coach Rose and our staff have worked hard and more than anything, our players really made a commitment to hard work and playing together. Our team chemistry last year was good and the only thing that mattered to our guys was winning games. We have really unselfish players," said Rice.

And so it was. The Cougars came from darkness to light, with the previous year's record of 9-21 to a 20-9 finish last year. But whether they win this year's conference or not, Rose said their philosophy never changes.

"I think the one thing about our expectation level is that we don't look at the big picture. Every game we work hard and we expect to win," Rose said. "If we lose, we have that same philosophy and try to win next time. If we have that philosophy in the short term, that big picture will take care of itself."

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UVSC Hearts Set Toward Winning

By Julian Cavazos

With their eyes looking toward the basket and their hearts set toward winning, the Utah Valley State College Wolverines are back in full swing into the 2006-2007 basketball season.

Head coach Dick Hunsaker said that Wolverine fans won't be disappointed in this year's team.

"I think that to come out to Utah County and enjoy the games at the McKay Center and watch the team play, they'd be pleased that we represent them well," Hunsaker said.

So far, the Wolverines will have to find their way through a tough schedule, beating teams such as Montana State, Western Illinois, and University of Missouri-Kansas City. Some of their first losses of the season came against teams such as Utah State and Pac 10's University at California-Berkeley last November.

Lying ahead are games against New Jersey Tech, Texas-Pan American, and South Dakota State, among others. According to UVSC officials, the Wolverines will play five games against 2005-2006 NCAA tournament teams.

But having confidence and constant development in the right direction is something coach Hunsaker said the team can work through.

"We have a lot of areas to improve in," Hunsaker said. "And if we maintain the attitude and the work ethic, hopefully we will continue to get better."

There are five returning players: Chris Bailey, Peter Brown, Matt Peterson, Richard Troyer and David Heck. Other players this season include forwards Brian Anderson and Jordan Brady, and Joe Walker for center. Two players have also returned from their missions for The Church of Jesus Christ of Latter-day Saints: Ryan Toolson and Brett Ravenburg. According to UVSC Basketball officials, Toolson was the leading scorer his freshman year, averaging 13.4 points a game, while Ravenburg started in 24 of the 27 games of that year.

"To have them back is a definite advantage," Hunsaker said. "It's great to have some continuity that lasts with missionaries."

Last year, the Wolverines beat out Pac 10's Arizona State, the team's biggest win

in school history. It was the first time UVSC had ever beaten a ranked team in a NCAA Division I tournament. The Wolverines have been in this division for three years now.

Along with setting records, UVSC also holds the fame for having one of their former players join a professional basketball team for the National Basketball Association. Ronnie Price, who just began his second season with the Sacramento Kings, has had an impact on the Wolverines.

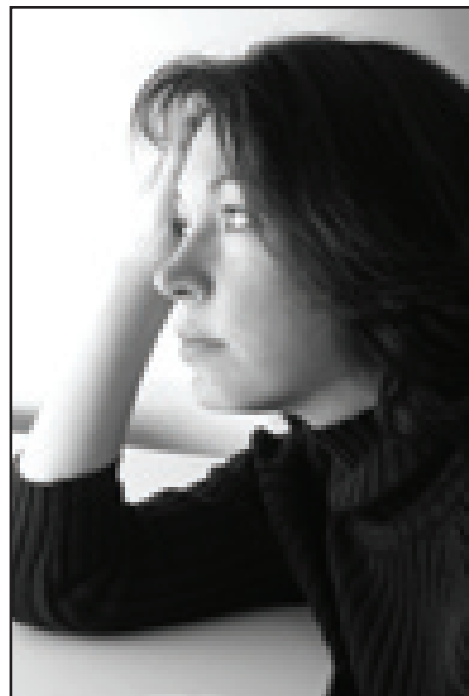
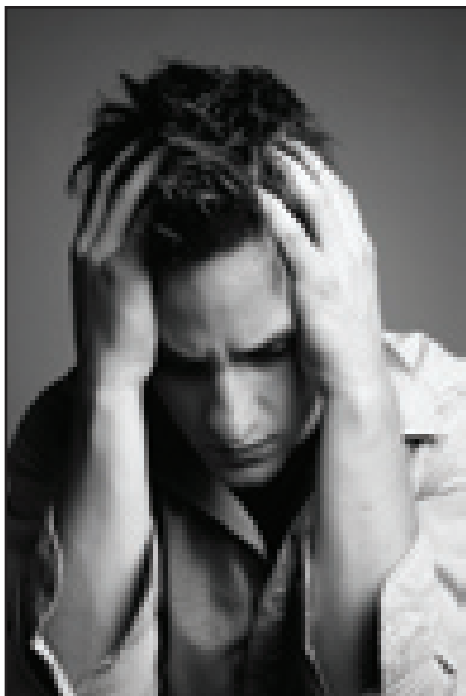
"I think Ronnie was one of our best practice players," Hunsaker said. "His work ethic and competitiveness are probably the two greatest things that influence your legacy that influences our players."

But between currently having a team with a good record and having others who have moved on to greater heights, Hunsaker has enjoyed his 30-year experience of seeing the improvements in their performance.

"I love young people who love the game of basketball," he said. "There is gratification you have into molding a unit. You can make a team and galvanize it." **S**



Photos Courtesy of UVSC Athletics



Managing Your Emotional Health By Courtney Humiston

Every college student is bound to experience some degree of stress whether it's caused by an upcoming test, roommate disagreements, financial problems, or relationship issues. Most students will work through these stressful times and move on. But for some, trying to juggle classes, work, family, and a social life, can often cause an unhealthy level of stress and anxiety, which frequently leads to depression. Left untreated, it could seriously affect your academic, professional, and personal life.

In a survey conducted at UVSC, 13 percent of students admitted to missing class or dropping out of school because of

says Jensen, who has been counseling students for nearly 30 years. "Whatever it is, we want to nip it in the bud before it becomes chronic."

What help is available for students who may be experiencing these symptoms? Both BYU and UVSC offer free or virtually free counseling for students for everything from depression and anxiety to eating disorders and marital issues. Begin by calling or stopping by the office to schedule an appointment. Your first appointment will be an initial screening during which time the therapist will evaluate your symptoms and design a treatment plan. Expect to have four to five subsequent visits with your counselor, though 12-16 is not uncommon. If medication is determined to be an option, your therapist will refer you to the medical center.

Keep in mind that everything is confidential, and no one can access your records without your written permission.

What can you do as a student to manage stress before it gets out of hand?

Jensen offers the following advice:

1. Have good relationships. Surrounding yourself with people you trust and can talk to; a "support system" is key. As Jensen points out, "Most therapy is done outside of a therapist's office."

2. Get good, regular sleep. "If you are sleeping well, you are going to be able to endure stress a lot better." Practice good "sleep hygiene," by winding down with a good book rather than watching TV or playing video games.

3. Practice good nutrition. Eat a decent breakfast and have small, healthy meals throughout the day.

4. Exercise is "one of the best things you can do to ward-off depression" even if it is just 20 minutes a day.

In addition to these preventative measures, Jensen also recommends knowing your family history and what your vulnerabilities are.

"If you know you are prone to stress and anxiety, manage your life more simply."

Also, avoid illicit drugs, tobacco and alcohol, and a lot of caffeine.

"[Seeing a counselor] is more acceptable in our society than it has ever been," says Jensen. So whether you just need some help adjusting to the pressures of college life, or are have more serious issues, don't be afraid to use the resources available to you. It could after all, save your education.

UVSC Student Health Services

SC 221

801.863.8876

First appointment is free; each subsequent visit is \$10

BYU Counseling and Career Center

2500 WSC

801.422.3035

All counseling services are free to full-time students.

For more information on emotional/mental health, visit your university's website:

www.uvsc.edu/studhealth/mental
ccc.byu.edu/counseling



So how do you know whether what you are feeling is just the normal ups and downs of college life or potentially detrimental?

unresolved emotional issues. So how do you know whether what you are feeling is just the normal ups and downs of college life or potentially detrimental?

Jack Jensen, Ed.D, Director of Psychological Services at UVSC, advises students to seek professional help when stress begins to disrupt your daily routine by causing insomnia, increased irritability, trouble concentrating, lack of interest, or change in appetite. Any symptom that persists for more than two weeks is usually a sign that something is wrong. "The earlier we catch it, the better chance we have at success,"

10 Easy Ways to Slash 100 Calories

By Jed D. Hanson

Here are some easy suggestions to help you stick to your New Year's goals and stay fit and happy throughout the year.

1. Leave behind three or four bites of your meal. Research shows that people usually eat everything they're served, even if they are not hungry. So next time leave what you don't need.

2. Skin your chicken after cooking it. You'll keep the moisture in while cooking it, yet you'll also take away 148 calories and 13 grams of fat!

3. Take your time to eat slowly. Chewing your food slowly and with more chews will help you absorb nutrients, you'll feel more satisfied, and you won't eat as much.

4. Blend your breakfast smoothie for at least five minutes. According to a recent study, people who drink a breakfast smoothie that is mixed twice it's initial volume will eat about 100 fewer calories at lunch than when they drink the same smoothie at the original volume. According to researchers, the extra air makes you feel fuller.

5. Eat your sandwiches and burgers open-faced, with one slice of bread instead of two.

6. Order a cup of soup as an appetizer. People who fill up on soup (broth or tomato-based, not cream-based) consume about 100 fewer calories during the rest of the meal.

7. Use butter-flavored non-stick spray, not a tablespoon of margarine or butter to make grilled cheese sandwiches and eggs.

8. Hold the cheese. A single one-ounce slice of cheddar has 113 calories. On salad and pasta, sprinkle on one tablespoon of grated, part-skim mozzarella (36 calories).

9. Top salads with a half cup of crunchy celery instead of a quarter cup of croutons.

10. Ditch the maple syrup and top your pancakes and waffles with dusting confectioner sugar and cinnamon or a tablespoon of low-sugar jam. Leave out the butter entirely and cut even more calories.

Jed Hanson, the owner of Fitness Pros is one of the best fitness trainers in Utah. Currently he is the Head Strength & Conditioning Coach for the UVSC Hockey Team and the Corporate Trainer for Tahitian Noni. For more information about Jed and his qualifications, please visit www.fitnessprostraining.com.

Rock Your Workout

By Kristen Barlow

"I Wanna Luv You," by Akon
 "Since You've Been Gone," by Kelly Clarkson
 "Fergalicious," by Fergie
 "Smack That," Akon featuring Eminem
 "Work It," by Missy Elliot
 "Neva Eva," by Trillville Ft. Lil' Scrappy
 "Don't Stop Believing" by Journey
 "Get It Faster" by Jimmy Eat World
 "Ice Ice Baby," by Vanilla Ice
 "Get Freaky," by Pitbull



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Hot Winter Fashion

Want to know what's hot in Utah Valley this Winter Season? Check out some of these amazing styles.

By Deborah Barlow-Taylor
Photos By Mark Hansen

"Urban Mod"

Custom T-shirt, \$20

Modern Amusement Pin Stripe Wool Trouser, \$125

Cr8tive Reaction The Dechico Shoes, \$100

Ben Sherman Velvet Tuxedo Blazer, \$169

MODE Boutique and Custom T-shirt Bar

45 N. University Avenue, Provo



"Asian Inspired Vintage"

Green Satin Floral Print Shirt, \$26

Black Nylon Cami, \$14

Black Pencil Skirt, \$29

Black Pointed Toe Pumps, \$25

Black Beaded Necklace, \$12

Maurices

University Mall, Orem



"Downtown Casual"

James Jeans Skinny Fit Jeans, \$164

Ashley Trench Coat, \$45

Meel Long Sleeve Gathered Shirt, \$45

Muchachak Reversible Clutch, \$36

MODE Boutique and Custom T-shirt Bar

45 N. University Avenue, Provo



"Fashion Forward"

7Diamonds Button Up Shirt, \$69

Obey Vintage T-shirt, \$28

Guess Jeans, \$108

Steve Madden Roloo Shoes, \$60

Volcom Casual Jacket, \$64

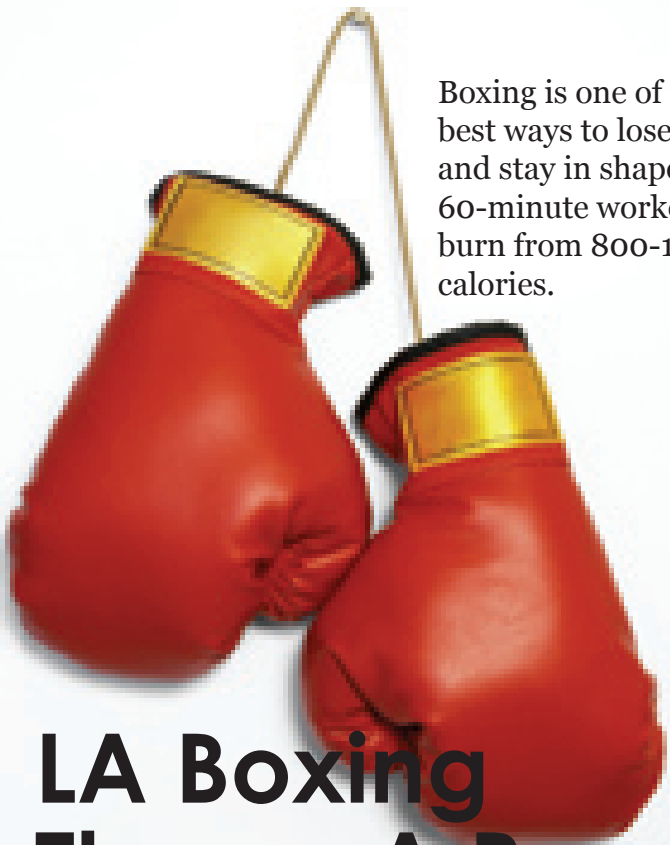
BKE Removable Buckle Belt, \$28

Buckle Gun Sunglasses, \$12

Buckle

University Mall, Orem





Boxing is one of the best ways to lose weight and stay in shape. Each 60-minute workout can burn from 800-1000 calories.

LA Boxing Throws A Punch At Provo

By Deborah Barlow-Taylor

When you walk into the new LA Boxing gym on State Street, you automatically feel the excitement of a good workout. Rows of punching bags line the center of the gym surrounded by a boxing ring and weight equipment. You become part of "Rocky," "Cinderella Man" and "Million Dollar Baby" all rolled into one.

LA Boxing offers full-body workout classes in Kickboxing, Boxing and Jiu-Jitsu. Each class is 60 minutes and they are scheduled throughout the day.

"If you're looking to just run on the treadmill or lift weights, LA Boxing isn't for you," said the owner, Damon Willis. "We offer a higher-level of working out. Our workouts are not only fun and get you in shape, they also teach you to defend yourself. What you learn at LA Boxing is a fit lifestyle and you'll be able to take it with you throughout your life."

Boxing is one of the best ways to lose weight and stay in shape. Each 60-minute workout can burn from 800-1000 calories.

"The workout is an ultimate endorphin high, you don't get it at a gym where you workout on your own," said General Manager Kris Whitmore. "After you finish your workout here, you feel like

wow... I feel incredible!! After a few weeks, when you look in the mirror, you really see results. You don't get results like this at other places."

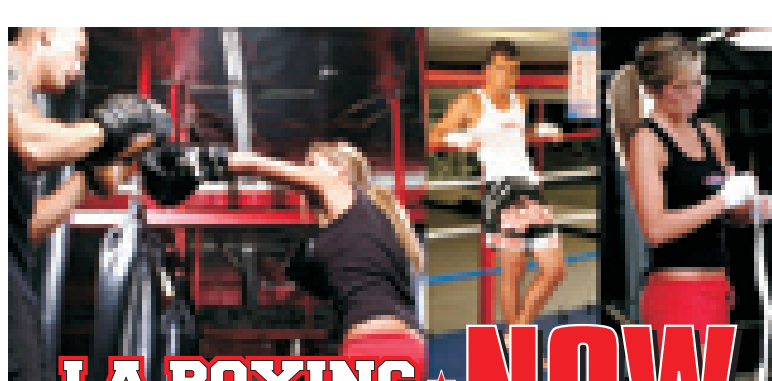
Boxing is really easy to learn--with only four types of punches to know, it's pretty simple. Beginners are able to pick it up quickly. With the right instruction, you can learn the mechanics of boxing and perfect your technique.

One of the most exciting things about LA Boxing is that you learn from expert boxers that have earned belts and championship titles all over the world.

"At LA Boxing, you're working with the best," said Willis. "You'll receive instruction from teachers who have competed at world-class levels. There is not another gym in this town that has this kind of credibility."

LA Boxing offers student discounts, and you can also try the gym out for a week for free.

"This is the time when we all make New Year's Resolutions," Whitmore said. "LA Boxing will definitely help you get in shape and accomplish your fitness goals."



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Hottest Trends for the New Year

What does 2007 have in store? From the newest video games to the latest album releases, our guide lets you know what's hot for the coming year. **By Jamie Littlefield**



Best Tech Toys for 2007

Have some cash left over from Christmas? Make up for Santa's oversights by checking out one of these high-tech toys:

Nintendo Wii

This \$250 Nintendo console is a device the whole household can use (at least that's what you can tell your roommates or your spouse). It connects to the online "Wii Channel" that offers everything from photo editing and a household message board to news and forecast updates. The remote-

control sized Bluetooth controller has a rumble feature, a motion sensor, and a speaker. Games include Battalion Wars II, The Legend of Zelda: Twilight Princess, and Super Mario Galaxy.

Microsoft Zune

This innovative iPod competitor lets you share music with your friends. The wireless feature allows your Zune detect other Zunes in the area. Choose a song and wirelessly transfer it to a nearby friend's device. Or, let a friend send a song to your player. You can listen to the shared music up to three times in three days before it automatically deletes from the player. You can also flag a

song and buy it on the Zune website later. In addition to music, you can also wirelessly transfer pictures – for keeps.

Blu-ray and HD DVD Players

Just when you've thrown out all those VHS tapes and put together a decent collection of DVDs, a new technology shows up. Blu-ray and HD DVD readers are currently competing for the top position in your living room, much like the VHS vs. Beta player battle of the late '80s. Blu-ray discs hold more than five times the data of traditional DVDs. They can hold up to 25 gigabytes on a single-layer disc and 50 gigabytes on a dual-layer disc. HD DVD discs can hold up to 15 gigabytes on a single-layer disc and 30 gigabytes on a dual-layer disc. Both players offer a high resolution picture and are capable of reading regular DVDs. Which should you buy? Unless you're a tech geek or are dying to get rid of some green, better wait it out. Eventually, one player will be the clear winner and the other will become obsolete.

PlayStation 3

With included Blue-ray technology, the newest PlayStation offers improved graphics in over a dozen new games. Expect a hefty price tag (\$499-\$599) for this console. But, anticipate a lot of features as well. Each unit comes with Bluetooth, four USB ports, a hard disk drive, and an advanced microprocessor. High definition games include: Lair, Tony Hawk's Project 8, Call of Duty 3, and Tom Clancy's Rainbow Six Vegas.

New Year, New Tunes

2007 appears to be a promising year for musicians. Here are a few not-to-miss albums:

The Shins

1/23/07

Linkin Park
2007

The Postal Service
2007

Queens of the Stone Age
2007

Norah Jones
1/30/07

Fall Out Boy
Early '07

Good Charlotte
February '07

U2
2007

Radiohead
2007

The Vines
Late 2007

Michael Jackson
Late 2007

Aerosmith
Spring 07

The Eagles
2007

Smashing Pumpkins
2007

Best of the Tube for 2007

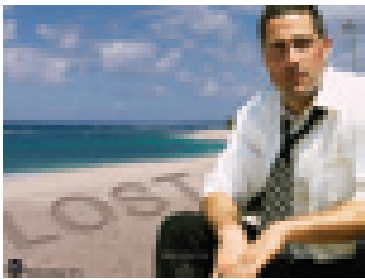
Dramas are hot this year. Joining the ever-so-popular “Lost” series are several new, spirited shows. No cable? No problem. Many stations now release their latest episodes online the day after they premiere on TV.



Jericho

CBS Wednesdays at 7 p.m.

When a mushroom cloud appears on the horizon, the quiet town of Jericho, Kansas is faced with the realization that the world they knew is now gone. Community members look for answers while relationships are forged and secrets are revealed. Will they be able to survive in this post-apocalyptic world? View episodes for free at: www.cbs.com/innertube



Lost

ABC Wednesdays at 8 p.m.

After a plane crashes into an island, a dynamic group of survivors struggle to stay alive and avoid the wrath of a dangerous group called “the others.” Will they be able to discover the mysteries of the island before it’s too late? View episodes for free at: www.dynamic.abc.go.com



The Nine

ABC Wednesdays at 9 p.m.

Nine bystanders are forced together as they become captives in a 52 hour bank robbery hostage situation. Through their shared experience, their lives become intertwined forever. View episodes for free at: www.dynamic.abc.go.com

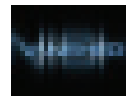


Heroes

NBC Mondays at 8 p.m.

Across the globe, everyday people realize that they have superpowers. A high school cheerleader is indestructible. An artist holds the ability

to paint the future. A cop can hear other’s thoughts. How will they choose to use these powers in a world where tragedy abounds? View episodes for free at: www.nbc.com/Video/rewind



Vanished

FOX Fridays at 7 p.m.

An intense manhunt begins after the beautiful wife of a senator disappears. But, not everything is as it seems. As the search continues, devastating secrets are revealed and an intricate conspiracy is uncovered.

View episodes for free at: creative.myspace.com/VOD/vanished/

Best Local Authors for 2007

You don’t have to go far from home to find a good book. Check out these soon-to-be-released titles from Utah’s own talented writers:

Josi Kilpack from Willard

House of Straw (Spring, 2007)

Kate wants nothing more than to be the best mom she can be and give her children everything she never had. However, everything isn’t perfect. Her husband, Brad, doesn’t want another child and it seems like the harder she tries to get close to her teen-

age daughter, Jess, the harder Jess runs from her. What Kate thinks is simply the down side of adolescence, is much more sinister. Jess has a secret, a secret that might cost everything.

www.josiskilpack.com

Willard Boyd Gardner from Midway

The Operative (January, 2007)

Former police officer Kam Daniels has run halfway around the world to escape a troubled marriage and a failed career. When the U.S. government offers him a low level diplomatic job in Yemen, he sees it as another chance to increase the distance between him and his problems. But, Yemen proves to be more problem than solution. Secretly embedded with a group of LDS religious scholars, Kam finds out that

the U.S. government had different plans for him all along. It’s Kam versus corruption and terror in Yemen’s most inhospitable eastern desert. www.willardboydgardner.com

Jewel Adams from West Point

Against the Odds (February, 2007)

The story of a successful black fashion model living in Atlanta, Georgia who finally divorces her unfaithful husband after seven years of marriage. Leaving her old life behind, she goes to stay with her best friend in Roswell, New Mexico, and finds love where she least expects it.

www.jeweladamsnovels.com

H.B. Moore from Lehi

Out of Jerusalem: Volume Four (September 2007)

The families of Lehi and Ishmael have finally arrived at the promised land — a land filled with tangible riches. Peace and harmony should now exist between brothers, as there is plenty of room for everyone. But Lehi’s death sets in motion a series of events that even Nephi can’t put a stop to. Join H.B. Moore in the final installment of the Out of Jerusalem series as she weaves an unforgettable story of love, heartache, and the unrelenting strength of the human spirit. www.hbmoore.com



Photos By Mark Hansen

Let the Good Times Roll...

Looking back on 2006 can be like looking at a giant stack of couldas, wouldas, and shouldas, but while you can't turn back time, you can focus on welcoming 2007 with a more promising outlook. Here are four ways you can optimize the new year and, possibly, the new you. **By Patricia Auxier**

1 Make your body your friend, not foe

One of everyone's inevitable goals is to go down one or two (or three or four) pants sizes or bulk up those rusty muscles, but often it's a negative self-image we need to shed, not the extra pounds. Although healthier bodies are an excellent objective, the constant motif of "I need to lose 10 lbs," or "I want to double my bicep size," won't make us feel better about ourselves. Often, it will just make us feel worse. A better goal works toward a self-love that's not selfish. Easier to say, harder to do, I know. But let us all take the advice from the sage film "Cool Runnings," and look into the mirror and repeat: "I see pride! I see power! I see a bad mother who won't take no crap off of nobody!"

There are a million ways to improve your health, and you should take advantage of them. Five A Day The Color Way, a national health campaign, recommends infusing more fruits or vegetables into your diets, with at least five servings a day. You also need at least 20 minutes of exercise everyday, or 40 minutes three times a week. So stop complaining and making excuses, and get it done.

But if I have learned everything from "What Not to Wear," and I have, it's that you can dress any body shape to impress, unless it comes with a negative attitude. So when that voice creeps into your head telling you that you're not good enough, tell it to shut up and give yourself a hug.



2 Slow down!

It seems like we're a car stuck in fourth gear. And although I leave mechanics to my friend Jordan, I know that's not a good idea for my car, so why would it be a good idea for our bodies? Nikki Schmidt, a graphic designer and aerobic instructor, cautions against the high speed without a break in sight. She says, "If you're constantly under stress, it takes a toll on your body. It can actually shorten your lifespan. If you don't take time out to breathe, your body will eventually hyperventilate."

How do you actually do it? Amy Scott, BYU student, recommends spending time with people you love. She says, "It helps put your life into perspective. Things aren't important, people are. And slowing down helps you realize that." Another way: take time waking up. Allow yourself to experience the first moments of the day without rushing through mindlessly. You might be able to

jumpstart in the middle of the day, but starting off right puts you on the right track from the beginning. That way your entire day is aimed in the right direction, so while you're slowing down, your time has more utility. Also, spend time doing things you love. If you feel like you don't have enough time, reshuffle and schedule time, even a half an hour to write a note, read a book, take a drive, or call your favorite person. Like dating, sometimes time is more about quality than quantity.

3 Serve

Our self-centeredness has a habit of blowing up own problems like zooming our digital camera in on the massive zit on your chin. Tip three is not new, but it's an excellent weapon against negativity. After all, when we're helping, we're happy.

Sometimes we feel like it should feel like pulling teeth to do service, but I'll let you in on a little secret to start off 2007: You can do something you actually enjoy. With over 295 organizations to

choose from in the region, there's a way for every will. Both UVSC and BYU have Service & Learning Centers designed to connect the students with the people who need them most. Lindsey Smith, a service coordinator at BYU's Service Learning Center, recommends finding the area that you're most interested in so you can make a difference in an area you love. Organizations such as Rock for a Remedy, Kids on the Move, Centro Hispano, Adaptive Aquatics, and Library Volunteers, offer wide-spread opportunities for widespread interests.



4 Make positive changes NOW!

Positive change aligns with your deepest values. If your actions aren't matching up with core beliefs and ideals, your body is in the middle of a tug-of-war. Reset yourself and realign. And don't let your past resurface like unpleasant heartburn. Get it out and keep it out. But don't forget to replace it with something positive. Taking the first step can be scary, but make like Indiana Jones and take the leap of faith. If you find negative forces in your life, weed the garden. Focus on things you can change. Establish regular sleeping patterns, stop the cycle of ill-fitting boyfriends, establish a better balance between work, school, and play. You can't do everything, but you can do something.

You don't have to wait for your Chinese fortune cookie to tell you that, "A refreshing change is in your future." You can be the change, but you have to do it now. And I mean now. If you want to be a better friend, make the call. If you want to go to Hawaii, buy the ticket. If you want to mend a wrong, say you're sorry. As we all know, procrastination is what really killed the cat. Sitting around making hollow promises won't get the job done, and wishing won't help, unless you have a fairy godmother. **S**

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Change Your Life By Helping Others

By Sarah Gessel

Traveling abroad can change your life by helping you to see through new eyes. Release yourself from another boring semester by immersing yourself in a new culture. Challenge your creativity in holding the attention of small children as you teach them to speak English. Broaden your horizons by leaving the country, maybe for the first time, in a cost effective way. New cultures bring growing experiences and new friends. The world is a big place, but it becomes smaller as we reach out to other people through service. You can make a difference.

Merilee Peterson, who went to Russia in 2005, loved working with the other teachers, learning about new things, and sharing knowledge and materials. She said that although participants do many of the same things, they each go through something different.

She realized that being in Russia was “more than just language, it’s culture and finding out about others.” She felt warmth from the local LDS branch members that watched out for us “little lost girls.”

When asked the main thing she learned there she said, “I learned I have control of my own life.” She saw how hard it was for people there to get by and how truly blessed she was to have opportunities to choose what she wanted to do in life.

Participants described how the teaching itself helped them to become more creative. Merilee said, “It’s neat to teach kids and to learn how to keep them interested and wanting to learn every day. You’re always searching for new ideas.”

Another participant, Stephanie Wood, said the opportunity, “gave me a lot of good ideas for being a mom. I had to learn to be creative with very little expense.” She said she developed good skills from working with the kids. For example, she explained how she learned to understand the kids more and love them even when they had bad days. For that skill she noted you have to put in the time.

Stephanie also gained something else from her trip to China, a husband. Although it is against the rules to date other participants in the program while going through the experience, she and her husband came home and started dating and then got married. Her husband is studying Chinese and they plan to live in China for a few years once he graduates. To help her for the move, Stephanie has been taking Chinese courses.

Sarah Culp said that going abroad was a unique opportunity to see the world in a different way. She said, “The more I saw of the world, the more I understood about myself.” She said the process of focusing on others helped her to reflect on who she was and what she was doing.

This introspection led her to a needed change of her major. Sarah said, “I hope I would’ve chosen to change anyway, but the experience allowed me to see myself in a different light.”

The experience which she described as a 180 degree change in view, was an epiphany for her that other cultures are different but OK. She learned to appreciate it for what it is, a people and culture different from her own.

Sarah said that working with International Language Programs is a win-win situation for participants and the kids; “The kids learn a skill that will help them better their lives and I’m getting more out of it than anyone else.” She was definitely glad that she went and said that some people are concerned with missing the semester, but one semester is not going to make or break you. She is going to Russia next semester, as a head teacher, with her husband.

Kit Wickel said of the experience, “It opened my eyes to how easy and necessary it is to help others.” She realized how much she loves traveling, learning new cultures and meeting new people. She is now an MFHD major who hopes to work with families.

Sarah Steadman said it was amazing to see the world by living outside the box. She was, “amazed to see the universality of humanity, we’re different but the same.”

Getting to know people across the world helped her realize that if she did that there, she should reach out to people who live where she lives.

The experience led her to the decision to serve an LDS mission in Romania. Her love of people grew into a minor in anthropology and a major in Home and Family Life. She works with International Language Programs now to help others have the experience.

These participants see the world differently as a result of their experience with International Language Programs. Their lives have become new by sharing in the history of ancient lands. Change your life and begin your adventure with International Language Programs. To learn more about International Language Programs, give them a call at 374.8854 or visit their website at www.ilp.org.

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\$tudent Jobs

What jobs do you think make the most money in Utah Valley? **By Kailee Heger**



Whether to Provo or Orem, students from all around the globe move to Utah County to begin their educational journey. And with that move, every student faces similar battles including finding just the right home away from home or creating the perfect class schedule. How do you go about such tasks? What are the best options? Where do you even start?

Once the suitcases are unpacked and the textbooks cracked, many students then turn to locating a job. I know. What's that? Many consider the job market in Utah County barely feasible. With a large amount of young adults spread across the valley, it can be easy to become overwhelmed by such an undertaking. The competition becomes fierce when it seems as if only a few employers offer reasonable wages. With tuition and housing costs continually on the rise, some students simply find it hard to keep on top of their expenses.

Yes, others are happy with the current job market. They feel many Utah County employers are especially willing to work with a school schedule because they understand their primary source of employees will consist of students – full-time and part-time. In addition, both Brigham Young University and Utah Valley State College offer hundreds of “on-campus” student jobs making it easy for those without vehicles to work.

BYU and UVSC are set up to offer student's endless opportunities for employment. Both advertise on-campus student jobs through their websites, offering part-time positions to students with pay rates depending on personal qualifications and the job description. According to byu.edu, rates begin at \$6.70 per hour ranging to \$8.45 per hour. The UVSC website quotes rates ranging from \$6.45 to \$9.30.

“With rent and bills to pay, \$7.50 an hour doesn't cut it.”

Why should a student consider on-campus? The BYU website reads, “We offer students flexible work schedules, convenient work locations, wonderful work opportunities, competitive salaries, and the chance to develop excellent work habits.” Plus, there is a job for every personality. Want to wake up at 5 a.m. and clean toilets or wash whiteboards? Want to care for campus grounds and maintenance? Want to perform clerical work in an office? On-campus has it all.

Terrel Richardson, a sophomore from Mesa, Arizona, works for BYU Vehicle Rental. As a campus job, he finds his boss understanding and also enjoys the reasonable hours the job offers. But with rent

and bills to pay, \$7.50 an hour doesn't cut it. Richardson is leaving to Arizona for a better paying job because he feels wages are “really low” in Provo and good jobs are “hard to come by.”

Jackson Lettich, a junior from Orem, has a UVSC campus job. He has worked in the accounts payable for two years balancing travel credit cards, scanning files, paying bills, etc. He earns \$9.15 an hour, yet finds wages in Provo low as well. He said it was not difficult to find a job though because he knew about the job he currently has through a friend.

The world of off-campus employment is what you could call, “a different story.” Many students find jobs in general, extremely competitive because of the excessive amount of students housed in Utah Valley.


Trent Robertson, a sophomore from Sandy, has never worked an “on-campus” job. He works as a customer service/sales phone agent for American Express at Convergys Corp. He finds working in a call center not all that bad. He gets paid \$9.32 not including commission. He thinks a reason wages are low in Provo and Orem results from the reality that employers know they can easily fill jobs with students who are desperate for work. In other words, student employees are replaceable.

Chris Hunter, a sophomore from Brigham City, is employed by Federal Alarm. As a technician, he installs and services alarm systems for homes south of Salt Lake. He gets paid either by the job or \$18 an hour. He also finds jobs competitive in Utah Valley.

Greg Conover, a sophomore from Sandy, is happy with his serving job at Los Hermanos making \$2.13 an hour plus tips. He said he would not actively seek a different job due to the pay he receives and flexible hours. “The money is really good, especially for Provo,” Conover said.

So, we can safely conclude that jobs are everywhere throughout Provo or Orem and although students carry different opinions about the job market, a majority find wages low and desirable jobs difficult to obtain.

Are you in need of a job while in school, but you don't know where to look? The Internet provides various resources to locate student jobs throughout the valley. Check out careerbuilders.com, utah.job.gov, or monster.com. Campus employment offices also have trained professionals to help you find work. In addition, classified listings in the local newspaper or The Job Finder both contain valuable information.

Overall, remember that you are only in school earning a degree for a time. Your job now is just a means to an end. Wages vary no matter where you live. Work hard now to be qualified for a high wage career in the future. Good luck! 



Summer Sales Guide 2007

Now's the time
to plan for
your summer.

Summer Sales Insider Tips

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Pest Control Company Listings

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Security System Company Listings

pg. 44

Other Sales Company Listings

pg. 44

Summer Sales Insider Tips

By Jamie Littlefield

Last summer, BYU student Kyle Woodbury packed his bags and drove his Honda Civic to northern Virginia. For the fifth year in a row, the 25-year-old construction management major gave up a lazy summer of fly-fishing to spend his months knocking doors in the sweltering sun.

Every year, thousands of students like Kyle descend on U.S. cities with products in their pockets and money on their minds. These salesmen can be seen flooding the streets of suburban neighborhoods, knocking on doors for up to 10 hours a day.

What's in it for them? Summer sales companies say they give employees priceless training, rent-free living, and the opportunity to earn a five or six-figure income in just a few months.

In a county where \$8 an hour is an acceptable income for a college grad, summer sales can be an alluring adventure. But, don't jump on the bandwagon too soon.

Not every student is cut out for a grueling summer of door-knocking and not every company lives up to its promises. To help you make an informed choice, we've consulted some of the top sales representatives in the nation.

How it Works

Summer sales companies recruit students through word of mouth and advertising. Interested students attend orientation meetings and are generally asked to interview with several people. Once given the job, sales reps choose or are assigned locations and teams.

They must fund their own transportation. But, the company arranges and pays for housing, generally an apartment shared with other salespeople. Once there, sales reps attend regular meetings with team members and work their assigned areas by going door-to-door for seven to 10 hours a day, six days a week.

Summer Money

When asked why they endure such long days, most reps give one reason: money. Reps are paid purely through commission, which means they make nothing on days they can't find a sale. But, the majority is able to find enough action to make it worth their while, and most return with a five-figure commission.

Kyle Woodbury says that his summer sales have given his small family financial freedom. "We own a house now," he says. "We've paid for school and put money in the bank."

The salesmen are generally paid a part of their commission every other week. The other part is saved until four months after the sales are made. If a customer decides to cancel the service before that time, then that sale amount is deducted from the second payment.

(continued on pg. 42)



If you decide that summer sales are right for you, choose the right job and company that you feel comfortable with.

(continued from pg. 41)

Deciding if Sales is Right for You

Selling door-to-door isn't right for everyone. It takes a lot of dedication and a strong work ethic. Successful employees often have relevant past experience such as participating in other sales programs or serving religious missions.

"You need persistence and good communication skills," says 24-year-old Brock Spears who spent a summer in Florida. "I don't think a lot of people can handle it."

If you're trying to decide if sales is right for you, consider what you'll be giving up. If you are willing to work hard, are able to spend your summer away from family and friends, and are open to being trained, you'll have a better chance of success.

Choosing the Right Job

Once you've decided that you have the personality and dedication for the job, make sure you choose the right organization. Doing a little research on companies you're considering can save you a lot of letdown in the future.

Don't accept everything you hear. Before signing a contract, request that you see a physical copy of the company's payment records and ask to talk to a few of the first year reps from the previous summer. Companies have been known to skew statistics in their favor. If a company claims that it has 1,000 sales per office, for example, make sure that you ask how many employees are actually working through that office.

Also, be sure to search for "the catch" in any pay scale that is offered to you. It's common for companies to include "breakage" bonuses, or bonuses that look like they will result in high pay but are almost impossible to earn. For example, some companies boast a \$2,000 improvement bonus, paid every month to an employee that improves his sales over the last month. Although it initially seems feasible, it is generally very difficult for sales reps to achieve this since the frequency of sales is unpredictable and since August has significantly fewer working days.

Because your income will depend on customer retention, it's also important that the company is able to deliver the services you sell. "Make sure that the technical side of things is really well managed," says 31-year-old Bret Toffer who spent a summer making six figures in southern California. "You can have a good sales team, but the tech side needs to be able to handle the customer." Selling a product or service that has

name recognition and is known for prompt service can help in this regard.

Most importantly, make sure that the company shares your principles and that you can fit into their company culture. Organizations that have a reputation of treating their employees right and being honest are better than those that boast extremely high pay but have not kept promises in the past.

Finding Success

Once you've chosen a company, try to locate a mentor who can help you through the process. "Find someone you know that's done it before and has been successful, and then do it with them," says Kyle Woodbury. A friend can steer you away from unsuccessful areas, let you in on the tricks of the trade, and link you to a productive team.

When you're at a customer's doorstep, forget the salesman stereotype. "A lot of people go out thinking they have to be pushy, sly, used-car type salesmen," says Bret Toffer. "But, you don't have to be pushy. Be upfront and honest. You don't have to be tricky or shady."

Being able to strike up a conversation is important on the doorstep. Learn to read people and relate the product to their specific needs and interests, but don't overuse gimmicks such as saying a person's name repetitively or putting on a plastic smile. People know when they're being played.

Hanging in There

Once you're on the field, the hardest part is selling strong for the whole summer. Rude customers and slammed doors can be common. But, stiff penalties such as loss of pay and back payment for a summer of rent are usually part of the contract for those who give up and go home early. If you start feeling burnt out remember that it's all a part of the summer sales experience. "You take a lot of rejection at first," says Brock Spears. "You just have to be persistent."



Pest Control Listings



Dewey Pest Control 801.830.1757

Selling Locations: 20 locations throughout California

Contact: Brant Wallace

Check Out Our Ad On Page 48



ELITE SALES 888.929.ELITE

Selling Locations: California

Contact: Ryan Clark

Check Out Our Ad On Page 48

www.elitesales.net



Clark Pest Control 801.369.6278

Selling Locations: California

Contact: Todd

Check Out Our Ad On Page 46



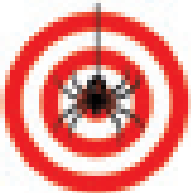
Unified Marketing Group 866.497.1744

Selling Locations: Nationwide

info@unifiedutah.com

Check Out Our Ad On Page 45

www.unifiedutah.com



ResidualPestPay.com

ResidualPestPay.com 951-377-7530

Selling Locations: Southern California

Contact: Karl Durst

Check Out Our Ad On Page 50

www.residualpestpay.com



Earthworks Marketing 877.819.3857

Selling Locations: Houston, TX

Contact: Brandon

Check Out Our Ad On Page 46

www.getoutofutah.com

Security Listings



Platinum Protection..... 801.542.1000

Selling Locations: Nationwide
Contact: Chance, Jared, or Jeremy
Check Out Our Ad On Page 3

www.platinumsummer.com



Security One 801.735.1381

Check Out Our Ad On Page 2



Northstar.....801.373.7827

Selling Locations: OH, IN, MI, TN, MO, CO, AZ, ID, KY
Contact: Jay
Check Out Our Ad On Page 47

www.northstaralarm.com



Firstline.....801.706.0309

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www.gofirstline.com



Unified Marketing Group 866.497.1744

Selling Locations: Nationwide
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www.unifiedutah.com

Other



Impact Sales & Marketing 801.830.1960

Selling Locations: Utah, Missouri, Michigan, Texas, & California
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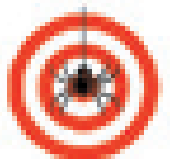


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monday

tuesday

wednesday

thursday

friday

saturday

BYU first day of Winter Semester
Thrillionaires at Velour, 8pm
Free Movie: The Ant Bully at Tahitian Noni, 6:30pm

8

Open Mic Acoustic Night at Velour, 8pm

9

BYU Men's Basketball vs. TCU, 7pm
Cabaret at Velour, 8pm
Jazz vs. Mavericks

10

Infiniti Movie Night at University Mall Cinemas
First 150 people get in free, 9:30pm

11

BYU Men's Volleyball, 7pm
BYU Northern Accord at Madsen Recital Hall, 7:30pm
BYU Winter Wonderland Dance, 8pm
BYU IceCats, 8:30pm
BYU Track Invite
Velour One Year Anniversary Extravaganza at Velour
Rock Concert, Muse Music, 8pm
Thanksgiving Point Wedding Expo.

12

BYU Men's Basketball at UNLV
BYU Men's Tennis vs. Utah State/Weber State
BYU Men's Volleyball vs. UCLA, 7pm
IceCats vs. Utah, 8:30pm
BYU Track Invite
UVSC Wrestling vs. Northern Colorado, 7pm
Velour One Year Anniversary Extravaganza @ Velour
Digital Black, Quasi Steller Radio @ Muse, 8pm
Jazz vs. Heat

13

Martin Luther King Jr. Day
BYU Community Outreach Day, 8:30-2:30pm
UVSC Men's Basketball, 7:05pm
Thrillionaires at Velour, 8pm
Cheetah Girls In Concert at Energy Solutions Arena, SLC

15

BYU Q'd Up, 7:30pm, Madsen Recital Hall

17

Acoustic All-Stars at Velour, 8pm
Ivy League Concert, Muse Music 8pm
Infiniti Movie Night at University Mall Cinemas
First 150 people get in free, 9:30pm

18

BYU Men's Volleyball at Stanford
BYU Women's Tennis vs. Denver, 4pm
BYU American Piano Duo, Madsen Recital Hall, 7:30pm
IceCats vs. Weber State, 8:30pm
Utah Grizzlies, 7pm
Montgomery Gentry w/ Jeff Foxworthy at Energy Solutions Arena
Benton Paul & Jacob Luttrell at Velour
Welcome Back Institute Dance, UVSC 9pm

19

BYU Men's Volleyball at Stanford
BYU Men's Basketball at Colorado State
BYU Women's Tennis vs. Washington
UVSC Men's Basketball, 7pm
UVSC Hockey, 8:30pm
Declaration, The Handsome at Muse, 8pm
Utah Grizzlies vs. Las Vegas Wranglers, 7pm
Return to Sender at Velour, 8pm

20

Thrillionaires at Velour, 8pm
Jazz vs. Timberwolves
Free Movie: The Barnyard at Tahitian Noni, 6:30pm

22

BYU Quintet of the Americas, Madsen Recital Hall, 7:30pm
Open Mic Acoustic Night at Velour, 8pm

23

Men's Basketball at New Mexico
Jazz vs. Grizzlies
Utah Grizzlies vs. Las Vegas Wranglers, 7pm

24

Thrillionaires at Velour, 8pm
Free Movie: How to Eat Fried Worms at Tahitian Noni, 6:30pm
Jazz vs. Nuggets

29

Open-Mic Acoustic Night, 8pm

30

The Fray, UVSC McKay Events Center, 7:30pm
Cancer Benefit Show, Muse Music, 8pm
Acoustic Showcase at Velour
Jazz vs. Spurs
Utah Grizzlies vs. Phoenix Roadrunners, 7pm

31

UVSC Men's Basketball, 7pm
BYU Women's Basketball, 7pm

1

BYU Men's Tennis at UCLA
BYU Men's Volleyball Outrigger Tournament
BYU Women's Tennis vs. Washington State
UVSC Hockey, 8:30pm
Cary Judd w/ Isaac Hayden CD release at Velour, 8pm
Jazz vs. Nuggets
Neon Trees Concert, Muse Music 8pm
Bridal Extravaganza at Tahitian Noni, 4pm

26

BYU Men's Tennis at UC Santa Barbara
BYU Men's Basketball vs. Air Force
UVSC Women's Basketball, 3pm
UVSC Hockey, 8:30pm
Palomino at Velour, 8pm
Bridal Extravaganza at Tahitian Noni, 10am

27

UVSC Men's Basketball, 7pm
UVSC Wrestling, 5pm
BYU Men's Basketball, 3:30pm
BYU Men's Volleyball, 7pm

2

3



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